

# Common Food Items High in Sodium

There are a few non-pharmacological treatments and lifestyle adaptations that may help patients experiencing Orthostatic Intolerance reduce and cope with their symptoms. Increasing daily intake of sodium and water can assist with pulling fluid into the vascular space and maintaining a healthy blood pressure or heart rate. The following is a list of common foods that are high in sodium.

Item	Average Cost	Container Size	Serving Size/Equivalent	Sodium	Calories
Knorr Cube Bouillon- Chicken	\$ 0.80	3.1 oz.	1 cube (12g)	2320mg	30cal
Chunky Clam Chowder Soup	\$ 2.00	15.4 oz.	1 container	1580mg	360cal
Soy Sauce	\$ 1.50	10 fl oz.	1 Tbsp (15 ml)	1340mg	10cal
Cup of Noodles -Chicken Flavor	\$ 0.30	2.25 oz	1 container	1190mg	290cal
Vegetable Juice (V8 Original)	\$ 1.50	12 fl oz.	1 container	960mg	60cal
Campbell's Creamy Tomato Soup	\$ 2.19	15.4 oz	1 container	960mg	340cal
Beef Broth	\$ 2.00	32 fl oz.	1 cup	890mg	10cal
Instant Pudding- Chocolate	\$ 1.25	3 cups	1 cup	860mg	110cal
Chicken Broth	\$ 2.00	32 fl oz.	240ml	860mg	10cal
Black Beans	\$ 0.60	15.25 oz.	1 cup	740mg	220cal
Progresso Homestyle Chicken Soup	\$ 1.49	2 servings per can	1 cup	640mg	70cal
Sweet Whole Golden Kernel Corn	\$ 0.79	15.25 oz.	1 cup	600mg	120cal
Ham	\$ 0.79	56 g	1 single packet	590mg	90cal
Jerky	\$ 5.00	2.85 oz.	1 oz.	590mg	80cal
Baked Beans	\$ 2.00	28 oz.	1/2 cup	570mg	150cal
Sausage	\$ 2.50	12 oz.	3 links (55g)	560mg	170cal
Chicken Stock	\$ 2.00	32 fl oz.	1 cup	510mg	20cal
Beef Stock	\$ 2.79	32 fl oz.	1 cup	500mg	15cal
Pretzels	\$ 3.00	16 oz.	53 pretzels	490mg	100cal
Biscuits	\$ 2.00	16.3 oz. (8 ct)	1 biscuit (58g)	470mg	160cal
Au Gratin Potato Casserole (boxed)	\$ 1.25	2.5 cups	1/2 cup	450mg	150cal
Hamburger Helper- Stroganoff	\$ 1.50	6.4 oz.	1/2 cup	440mg	300cal
Refried Beans	\$ 0.89	16 oz.	1/2 cup	440mg	110cal
Hot Dog	\$ 1.00	12 oz.	1 hot dog	430mg	110cal
Flour Tortillas (Soft Taco)	\$ 2.35	17.5 oz. (10 ct)	1 tortilla (49g)	400mg	140cal
4% Milkfat Cottage Cheese- large curd	\$ 2.00	6 servings per container	1/3 cup (113g)	370mg	110cal
BBQ Sauce	\$ 1.50	18 fl oz.	2 Tbsp	340mg	60cal
Fresh Cut Sweet Cream Style Corn	\$ 1.00	14.75 oz.	1/2 cup	340mg	70cal
Athenos Feta Cheese	\$ 4.00	6 oz.	1/4 cup	330mg	70cal
Classic Ranch Dressing	\$ 3.00	24 fl oz.	2 Tbsp	290mg	110cal
Tomato Sauce	\$ 0.70	15 oz.	1/4 cup	280mg	15cal
Thousand Island Dressing	\$ 1.50	16 fl oz.	2 Tbsp	260mg	90cal
Bacon	\$ 5.49	16 oz.	1 slice (15g)	260mg	80cal
Pickles	\$ 2.00	24 fl	1 spear (28g)	250mg	5cal
Vegetable Juice (V8 Healthy Greens)	\$ 6.00	46 fl oz.	8 fl oz.	210mg	60cal
Chunky Blue Cheese Dressing	\$ 1.50	16 fl oz.	2 Tbsp	200mg	150cal
Vegetable Juice (V8 Carrot Mango)	\$ 6.00	46 fl oz.	8 fl oz.	160mg	50cal
Vegetable Juice (V8 Purple Power)	\$ 6.00	46 fl oz.	8 fl oz.	100mg	50cal