

HEART-CHECK FOOD CERTIFICATION PROGRAM

SODIUM LIMITS BY CATEGORY

February 2015

Food Category	FDA/USDA Product Category	Sodium Limit (in mg) per serving
Dairy Products	Cheeses not listed as separate subcategories	240
Dairy Products	Cottage cheese	240
Dairy Products	Cheese, grated, hard (parmesan, romano...)	240
Dairy Products	Cheese used primarily as ingredient (farmers, ricotta, dry cottage...)	240
Dairy Products	Milk, milk-based drinks	240
Dairy Products	Milk, condensed or evaporated, undiluted	140
Dairy Products	Yogurt	240
Eggs & Egg Substitutes	Egg mixtures (egg foo young, scrambled eggs, omelet)	240
Eggs & Egg Substitutes	Egg substitutes	240
Fish & Game Meat	Fish, shellfish, game meat; fresh or frozen	360
Fish & Game Meat	Entrees without sauce, fish/game, cooked (fried fish, patties)	480
Fish & Game Meat	Entrees without sauce, fish/game, uncooked (meat-free/veggie/soy protein-burger patties)	360
Fish & Game Meat	Entrees without sauce, fish/game, cooked (meat-free/veggie/soy protein-burger patties)	360
Fish & Game Meat	Fish/game, canned	360
Fish & Game Meat	Entrees with sauce, fish/game, cooked (fish with cream sauce...)	480
Fish & Game Meat	Fish-based luncheon meat, meat spreads, Canadian bacon, sausages and frankfurters	360
Fish & Game Meat	Substitute luncheon meat, meat spreads, Canadian bacon, sausages, frankfurters, crumbled meat substitute and taco	360
Fish & Game Meat	Fish/game, smoked or pickled, spread	360
Fruit Juice	Fruit juices, nectars, drinks	140
Fruits	Fruit, dried (e.g. dates, figs, prunes, raisins)	140
Fruits	Fruits, as ingredients (cranberries, lemon, limes)	140
Fruits	Fruit juices, as ingredients (lemon juice/lime juice)	140
Fruits	Relishes (cranberry sauce...)	140

Food Category	FDA/USDA Product Category	Sodium Limit (in mg) per serving
Fruits	Watermelon	140
Fruits	Fruits, fresh/frozen, canned, not listed separately	140
Grain Products	Biscuits, croissants, bagels, tortillas, soft bread sticks, cornbread	240
Grain Products	Bran or wheat germ	140
Grain Products	Breads, rolls (excluding sweet quick-type)	240
Grain Products	Breakfast Cereal; ready to eat, <20g cup (puffed type)	240
Grain Products	Breakfast Cereal; ready to eat ≥20g but <43g per cup (high fiber)	240
Grain Products	Breakfast Cereal; ready to eat >43g per cup (biscuit types)	240
Grain Products	Breakfast Cereal; cooked, plain, dry	240
Grain Products	Breakfast Cereal; cooked, dry, flavored or sweetened	240
Grain Products	Breakfast Cereal; cooked, prepared (oatmeal, grits)	240
Grain Products	Cracker, not used as snacks (melba toast, hard breadsticks)	240
Grain Products	Crackers used as snacks	240
Grain Products	Grains, plain (rice, barley...)	140
Grain Products	Grains, plain prepared (rice, barley...)	140
Grain Products	Pancakes, french toast, variety mixes-dry mix	240
Grain Products	Pancakes, french toast, variety mixes-prepared	240
Grain Products	Pasta, plain, dry	140
Grain Products	Pasta, plain, prepared	140
Grain Products	Pasta, dry, ready to eat (fried noodles)	140
Grain Products	Pizza crust	140
Grain Products	Sweetened breads, quick-type (muffins)	240
Grain Products	Taco shells,hard	140
Grain Products	Waffles	240
Legumes	Beans, dry	140
Legumes	Beans, plain (prepared)	140

Food Category	FDA/USDA Product Category	Sodium Limit (in mg) per serving
Legumes	Beans, in sauce, canned in liquid, refried (prepared)	360
Main Dish	Main dish, fish/game	600
Main Dish	Main dish, meat/poultry	600
Main Dish	Main dish, non-meat	600
Meals	Dinners, fish/game	600
Meals	Dinners, meat/poultry	600
Meals	Dinners, non-meat	600
Meat & Meat Substitutes	Bacon substitute	140
Meat & Poultry	Meat, whole or ground; poultry, beef, lamb, pork, veal	360
Meat & Poultry	Entrees without sauce (ready to serve marinated/injected cuts of meat, beef patty, corndog, cured ham, corned beef,	360
Meat & Poultry	Canned meat; (beef, pork, chicken, etc.)	360
Meat & Poultry	Entrees with sauce (barbecue in sauce, turkey and gravy...)	360
Meat & Poultry	Processed meats (lunch meat, potted meat, spreads...)	480
Meat & Poultry	Linked meat sausage (ready to cook franks, pork sausage, summer sausage, kielbasa, Polish sausage, smoked	360
Meat & Poultry	Linked meat sausage (ready to serve Vienna sausage, franks, pork sausage, summer sausage, kielbasa, Polish sausage,	360
Meat Substitutes	Tofu, tempeh	140
Mixed Dishes	Mixed dishes, fish/game, no sauce, not cup	360
Mixed Dishes	Mixed dishes, fish/game, with sauce, not cup	360
Mixed Dishes	Mixed dishes, fish/game, cup	360
Mixed Dishes	Mixed dishes, meat/poultry, no sauce, not measured by cup (includes pizza, burritos, all type sandwiches...)	360
Mixed Dishes	Mixed dishes, meat/poultry, with sauce, not measured by cup	360
Mixed Dishes	Mixed dishes, meat/poultry, cup (e.g. pot pies, stew)	360
Mixed Dishes	Mixed dishes, non-meat, without sauce, not measured by cup (includes pizza)	360
Mixed Dishes	Mixed dishes, non-meat, with sauce, not measured by cup	360
Mixed Dishes	Mixed dishes, non-meat, by cup (e.g. macaroni and cheese, spaghetti, etc.)	360
Nuts & Seeds	Nuts and seeds	140

Food Category	FDA/USDA Product Category	Sodium Limit (in mg) per serving
Plant-based Beverages	Beverages, carbonated or non-carbonated	240
Potatoes	Potatoes, canned in liquid	140
Potatoes	Potatoes, fresh/frozen/plain	140
Potatoes	Potatoes, prepared (fries, hashbrowns, skins)	140
Potatoes	Potatoes, frozen unprepared (fries, hashbrowns, skins, pancakes)	140
Potatoes	Potatoes/sweet potatoes; stuffed, mashed, candied or with sauce	140
Potatoes	Potatoes, vacuum packed	140
Salad	Salad, egg, bean, fruit, fish, vegetable	240
Salad	Salad, meat, poultry or fish	240
Salad	Salad, pasta or potato	240
Sauce	Major condiments (ketchup, steak, soy, teriyaki, vinegar, marinades)	140
Sauce	Minor condiments (horseradish, hot sauces, mustard, worcestershire)	140
Sauce	Sauce (BBQ, tartar, all dips including salsa, hollandaise, sweet/sour, mustard sauce)	140
Sauce	Sauce, major main entrée (spaghetti, pasta...)	360
Sauce	Sauce, minor main entrée (pizza, pesto, gravy, cheese, cocktail, white)	140
Snacks	Popcorn	240
Soup	Soups, meat/poultry (USDA regulated)	480
Soup	Soups, non-meat	480
Vegetable Juice	Vegetable juice	360
Vegetables	Vegetables, canned in liquid (cream style corn, pumpkin, winter squash)	240
Vegetables	Vegetables, canned in liquid (tomato-based)	360
Vegetables	Vegetables, plain, fresh/frozen	140
Vegetables	Vegetable paste (tomato paste)	240
Vegetables	Vegetable, sauce or puree	240
Vegetables	Vegetables, vacuum-packed	240
Vegetables	Vegetables, with sauce or mixtures, fresh/canned/frozen	240