

Ukrop's Low Sodium Guide

2009

Sodium is a naturally occurring mineral found in almost all foods. Diets high in sodium have been linked to high blood pressure. The most significant source of sodium in the diet is table salt. The American Heart Association recommends limiting sodium intake to <2,300 milligrams (mg) daily. Just one teaspoon of table salt contains 2,300 mg so it is important to take it easy on the salt shaker!

In addition, foods naturally low in sodium are fresh meat, fresh poultry, fresh seafood, fresh or plain frozen vegetables, fresh and canned frozen fruit, fruit juices, herbs/spices along with plain rice/pastas.

The products on this list contain no more than 140 mg of sodium per serving size. This is not an all inclusive list, but highlights low sodium choices in several categories throughout Ukrop's. Product selection may vary from store to store and some products are seasonal. *Please check the label for the most current information about sodium and other nutrients.*

Item	Serving Size	Sodium
Bread		
Beef Steak		
Soft Rye	1 Slice	130 mg
Berlin Bakery		
Classic White Spelt Bread	1 Slice	115 mg
Whole Grain Spelt Bread	1 Slice	140 mg
Ezekial		
4:9 Sprouted Grain	1 Slice	75 mg
7 Sprouted	1 Slice	80 mg
Bran for Life	1 Slice	140 mg
Cinnamon Raisin	1 Slice	65 mg
Low Sodium	1 Slice	0 mg
Sesame	1 Slice	80 mg
Martins		
Party House Rolls	1 Roll	65 mg
Potato Bread	1 Slice	120 mg
Potato Dinner Rolls	1 Roll	130 mg
Potato Roll	1 Roll	130 mg
Whole Wheat Potato Bread	1 Slice	125 mg
Merita		
	1 Slice	
Butter Bread	1 Slice	140 mg
Old Fashioned	1 Slice	125 mg
Whole Wheat	1 Slice	140 mg
Nature's Pride		
Honey Wheat	1 Slice	120 mg
Whole Wheat	1 Slice	115 mg
Nature's Own		
100 % Whole Grain	1 Slice	110 mg
100 % Whole Wheat	1 Slice	115 mg

Butter Bread	1 Slice	140 mg
Double Fiber Wheat	1 Slice	135 mg
Honey Seven Grain	1 Slice	105 mg
Honey Wheat	1 Slice	120 mg
Sandwich Rolls	1 Roll	130 mg
Prarie Grain		
Cinnamon Swirl	1 Slice	14 mg
Herb Whole Wheat	1 Slice	127 mg
Honey Whole Wheat	1 Slice	90 mg
Nine Grain	1 Slice	90 mg
Spelt	1 Slice	90 mg
Pepperidge Farm		
Brown Sugar Cinnamon Swirl	1 Slice	140 mg
Cinnamon Swirl	1 Slice	110 mg
Light Style, 7 Grain	1 Slice	90 mg
Light Style, Oatmeal	1 Slice	85 mg
Light Style, Soft Wheat	1 Slice	90 mg
Original White Bread	1 Slice	75 mg
Raisin Cinnamon Swirl	1 Slice	100 mg
Small Slice, 15 Grain	1 Slice	120 mg
Small Slice, Whole Wheat	1 Slice	100 mg
Roman Meal		
Natural Whole Grain	1 Slice	135 mg
Sun-Maid		
Raisin Bread	1 Slice	115 mg
Ukrops		
Country Dinner Roll	1 Roll	75 mg
Hand Twisted Roll	1 Roll	135 mg
Hearty Traditions Raisin Bread	1 Slice	115 mg
Onion Roll	1 Roll	135 mg
Roasted Garlic sliced Panini Loaf	1 Slice	115 mg
Salt Free White Bread (Special Order Item)	2 oz	0 mg
Sweet Petite Party Rolls	1 Roll	80 mg
Wheat Bread	1 Slice	125 mg
White House Roll	1 Roll	130 mg

Cereal		
	Serving Size	Sodium
Alpen No Added Sugar	40 g	60 mg
Arrowhead Mills		
Organic Spelt Flakes	1 cup	100 mg

Barbara's		
Organic Wild Puffs – Crunchy Cocoa	¾ cup	80 mg
Organic Wild Puffs – Fruit Medley	¾ cup	80 mg
Puffins Honey Rice	¾ cup	125 mg
Shredded Wheat	2 biscuits	0 mg
Bread Shop		
Crunch Oat Bran	½ cup	0 mg
Mocha Almond Crunch	½ cup	40 mg
Supernatural Granola	½ cup	5 mg
Triple Berry Crunch	½ cup	65 mg
Vermont Maple	½ cup	85 mg
Cascadian Farm		
Oats and Honey Granola	2/3 cup	110 mg
Dorset Cereals		
Berries and Cherries	½ cup	5 mg
Fruit, Nut, and Fiber	½ cup	20 mg
Super Cranberry, Cherry and Almond	½ cup	90 mg
Earth's Best		
Honey Nut O's	½ cup	85 mg
Envirokids Organic Cereal		
Gorilla Munch	¾ cup	110 mg
Koala Crisp	2/3 cup	135 mg
Peanut Butter Panda Puffs	¾ cup	130 mg
Fiber One		
Bran Cereal	½ cup	105 mg
Frosted Shredded Wheat	1 cup	0 mg
Full Circle		
Crisp Rice	1 cup	140 mg
Golden Flax	¾ cup	70 mg
Honey and Oats Medley	¾ cup	135 mg
Honey Multigrain Flakes	¾ cup	120 mg
Multigrain Flakes	¾ cup	110 mg
Oat Bran Flakes	¾ cup	110 mg
Raisin Bran Flakes	1 ¼ cup	110 mg
Instant Oatmeal		
Plain	1 packet	80 mg
General Mills		
Oatmeal Crisp	1 cup	110 mg
Kashi		
Autumn Wheat	1 cup	0 mg
Coco Beach Granola	½ cup	140 mg

Go Lean	1 cup	85 mg
Go Lean Crunch	1 cup	100 mg
Go Lean Crunch - Honey Almond Flax	1 cup	140 mg
Good Friends	1 cup	130 mg
Good Friends Cinna-Raisin	1 cup	105 mg
Heart to Heart	¾ cup	90 mg
Heart to Heart - Wild Blueberry Clusters	1 cup	130 mg
Honey Sunshine	¾ cup	135 mg
Orchard Spice Granola	½ cup	130 mg
Puffed	1 cup	0 mg
Kellogs		
All-Bran Original	½ cup	80 mg
Apple Jacks	1 cup	135 mg
Cereal Straws – Cocoa Crispiers	3 Straws	15 mg
Cereal Straws – Fruit Loops	3 Straws	15 mg
Corn Pops	1 cup	110 mg
Frosted Flakes	¾ cup	140 mg
Frosted Mini Wheats	24 biscuits	5 mg
Frosted Mini Wheats – Blueberry Muffin	24 Biscuits	0 mg
Frosted Mini Wheats – Honey Nut Little Bites	46 Biscuits	120 mg
Frosted Mini Wheats – Maple and Brown Sugar	24 Biscuits	0mg
Frosted Mini Wheats – Strawberry Delights	24 Biscuits	0 mg
Frosted Mini Wheats- Cinnamon Streusel	24 Biscuits	0 mg
Fruit and Yogurt	¾ cup	135 mg
Fruit Loops	1 cup	135 mg
Grab-N-Go Cereal Packs – Corn Pops	1 Pouch	75 mg
Grab-N-Go Cereal Packs – Frosted Flakes	1 Pouch	110 mg
Grab-N-Go Cereal Packs – Fruit Loops	1 Pouch	110 mg
Granola, Low-fat, without Raisins	½ cup	110 mg
Honey Smacks	¾ cup	50 mg
Smart Start – Cinnamon Raisin	1 cup	115 mg
Smart Start – Maple Brown Sugar	1 ¼ cup	140 mg
Smart Start – Strawberry Oat Bites	30 Biscuits	130 mg
Special K Protein Plus	¾ cup	110 mg
Unfrosted Mini Wheats – Bite Size	30 Biscuits	10 mg
Nature's Path		
Acai Apple Granola	¾ cup	70 mg
Optimum Zen	¾ cup	95 mg
Organic Flax Plus - Multibrán	¾ cup	140 mg
Organic Smart Bran	2/3 cup	130 mg
Peanut Butter Granola	¾ cup	75 mg
Pomegranat Plus Granola	¾ cup	60 mg
Post Selects		
Apple Cinnamon Harvest	1 cup	125 mg
Cranberry Almond Crunch	¾ cup	115 mg
Great Grains – Raisins, Dates and Pecans	¾ cup	130 mg

Food Club		
Shredded Wheat	1 ¼ cup	0 mg
Oats		
Old Fashioned	½ cup	0 mg
Peace		
French Vanilla Granola	2/3 cup	70 mg
Perky O's		
Original, Frosted	¾ cup	70 mg
Apple Cinnamon	¾ cup	55 mg
Post		
Frosted Shredded Wheat	1 cup	0 mg
Golden Crisp	¾ cup	25 mg
Grape Nut Flakes	¾ cup	110 mg
Great Grains	½ cup	130 mg
Honey Bunches of Oats	¾ cup	120-135 mg
Honey Bunches of Oats w/ Real Peaches	¾ cup	135 mg
Honey Bunches of Oats w/ Real Strawberries	¾ cup	140 mg
Honey Nut Shredded Wheat	1 cup	70 mg
Just Bunches – Caramel	2/3 cup	90 mg
Just Bunches – Honey Roasted	2/3 cup	80 mg
Shredded Wheat	1 cup	0 mg
Shredded Wheat and Bran	1 ¼ cups	0 mg
Shredded Wheat w/ Real Strawberries	1 ¼ cups	30 mg
Trail Mix Crunch	½ cup	135 mg
Uncle Sam	1 cup	130-135 mg
Wheetabix	2 biscuits	130 mg
Quaker		
100% Natural Granola	½ cup	30 mg
Puffed Wheat	1 ¼ cup	0 mg
Zoe Flax and Soy Granola		
Apple Cinnamon	½ cup	90 mg
Cranberry Currant	½ cup	75 mg
Homestyle, Blueberry, Chocolate Chip	2 Waffles	114 mg
Honey Almond	½ cup	80 mg

Chips, Pretzels, Popcorn		
*chip serving size is 1 ounce		
Bearitos		
Blue Corn Chips	15 chips	60 mg
Lite Popcorn	3 ½ cups	100 mg
Yellow Corn Chips	15 chips	55 mg
Cape Cod		
40% Reduced Fat Potato Chips	23 chips	110 mg
Potato Chips	19 chips	110 mg
Sea Salt and Vinegar	18 chips	130 mg
Lundberg Rice Chips		
	10 chips	110 mg
Garden of Eatin		
Baked Pita Chips	8 chips	70 mg
Black Bean Chips	13 chips	70 mg
Blue Chips	15 chips	60 mg
Chile and Lime	10 chips	125 mg
Focaccia Tortilla Chips	15 chips	120 mg
No Salt Added Original Blue Chips	15 chips	10 mg
Restaurant Style Blue Tortilla	7 chips	60 mg
Restaurant Style White Tortilla	7 chips	80 mg
Sesame Blues	9 chips	90 mg
Yellow Chips	13 chips	70 mg
Good Health Kettle Style Avocado Oil Potato Chips		
	1 ounce	100 mg
Food Should Taste Good		
Jalapeno	10 chips	80 mg
Multigrain	10 chips	80 mg
Olive	1 ounce	80 mg
The Works	1 ounce	80 mg
Sweet Potato	1 ounce	80 mg
Fritos		
Corn Scoops	10 chips	110 mg
Full Circle		
Hot and Mild Salsa	2 Tbsp	140 mg
Lightly Salted Kettle Cooked	12 chips	100 mg
Stone Ground Yellow Corn Tortilla	15 chips	105 mg

Half Naked Popcorn	4 cups	140 mg
Joe's Market		
Organic Blue and Flax Seed	7 chips	50 mg
Salsa Fresca	15 chips	80 mg
Spicy Blue Tortilla chips	15 chips	80 mg
Traditional; Tavern Mustard	1 ounce	140 mg
Yellow Corn Chips	13 chips	50 mg
Kettle Brand Chips		
Baked Lightly Salted	1 ounce	135 mg
Pirate's Booty Aged White Cheddar Popcorn	1 ounce	140 mg
Popcorn Indiana Gourmet Kettle Corn	2 cups	130 mg
Michael's Season's		
Lightly Salted Reduced Fat Chips	17 chips	130 mg
Ripple Reduced Fat Potato Chips	17 chips	130 mg
Unsalted Potato Chips	17 chips	10 mg
Newman's Own		
Organic Pop's Corn 94% fat free	3 ½ cups	20 mg
Unsalted Pretzels	8	105 mg
Nona Cocina Tortilla Chips	19 chips	75 mg
Miguel's Organic Everything Tortilla Dippers	10 chips	80 mg
Terra		
Sweet Potato Chip	17 chips	10 mg
Terra Original Chips	14 chips	50 mg
Tostitos		
Crispy Rounds	13 chips	120 mg
Multigrain	8 chips	135 mg
Restaurant Style White Corn	7 chips	115 mg
White Corn Bite Size	24 chips	110 mg
White Corn Scoops	12 chips	120 mg
Lay's		
Lightly Salted Chips	20 chips	90 mg
Lay's Baked Tostito Scoops	14 chips	125 mg
Smart Balance Smart N' Healthy Popcorn	5 cups	85 mg

Food Club No Salt Butter Microwave Popcorn		0 mg
Full Circle Blue Corn Tortilla Chips	15 chips	105 mg
Snyder		
Multigrain Tortilla Chips	8 chips	110 mg
Restaurant Style Tortilla Chips	8 chips	120 mg
White Corn	13 chips	110 mg
Yellow Corn Tortilla Chips	13 chips	135 mg
Unsalted Mini Pretzels	20 minis	75 mg
Sunchips Original	16 chips	120 mg
Utz		
40% Reduced Fat Kettle Cooked	20 chips	95 mg
Baked Bite Size	20 chips	105 mg
Baked Ripple Potato Crisps	13 crisps	130 mg
Baked Bite Size Tortillas	20 chips	105 mg
Baked Pita Chips	13 chips	140 mg
Classic Russets Dark Potato Chips	20 chips	120 mg
Grandma Utz Hand Cooked	1 ounce	120 mg
Kettle Classic Crunchy	20 chips	120 mg
Kettle Classic Smokin' Sweet	20 chips	100 mg
Natural Lightly Salted	20 chips	95 mg
No Salt Added-BBQ	20 chips	5 mg
Organic Blue Corn	12 chips	100 mg
Potato Chips	20 chips	95 mg
Reduced Fat Potato Chips	20 chips	120 mg
Reduced Fat Ripple Cut	20 chips	120 mg
Ripple Cut	20 chips	95 mg
Sour Cream and Onion	20 chips	140 mg
Unsalted Sourdough Pretzels	5	80 mg
White Corn	12 chips	120 mg
Yukon Gold		
Plain	9 chips	80 mg
Salt and Pepper	9 chips	120 mg
Salt and Vinegar	9 chips	110 mg
	5 crackers	135 mg
Back To Nature Organic Stoneground Wheat Crackers		
Blue Diamond Nut Thins		
Almond	16 crackers	115 mg
Hazelnut	16 crackers	115 mg
Pecan	16 crackers	130 mg
Bremner		
Sesame and Plain Wafers	7 crackers	120 mg

Carr's		
Table Water Crackers	5 crackers	100 mg
Food Club		
Crackers	5 crackers	125 mg
Cinnamon Grahams	2 whole crackers	105 mg
GG Scandinavian Bran Crispbread	1 slice	30 mg
Health Valley Rice Bran Crackers	6 crackers	70 mg
Kashi		
TLC Mediterranean Bruschetta	4 crackers	140 mg
Roasted Garlic and Thyme Stoneground 7 Grain		
Kame Rice Crunch Crackers	19 crackers	100-110 mg
Kavli Crispy Thin Crispbread	3 pieces	45 mg
Kavli Hearty Thick Crispbread	2 pieces	55 mg
Late July		
Classic Saltine	4 crackers	120 mg
Lundberg		
Salt-Free Rice Cakes	1 cake	0 mg
Pepperidge Farms		
Cracker Quartet	4 crackers	95 mg
Harvest Wheat	3 crackers	125 mg
Premium Saltines		
Unsalted Tops	5 crackers	35 mg
Ritz		
Hint of Salt	5 crackers	35 mg
Ry Krisp Seasoned Crackers	2 crackers	90 mg
Scandinavian		
Bran Crispbread	1 slice	30 mg
Sesmark		
Savory Thins	15 crackers	115 mg
Triscuit		
Hint of Salt	6 crackers	50 mg
Roasted Garlic	6 crackers	140 mg

Rosemary and Olive Oil	6 crackers	135 mg
Wellington		
Traditional Water Crackers	4 crackers	40-70 mg
Wheat Thins		
Hint of Salt	16 crackers	65
Lightly Cinnamon	16 crackers	125 mg
Wheatines		
	4 crackers	120 mg
Dairy		
<i>Butter/Margarine</i>		
Food Club	1 Tbsp	90 mg
Full Circle	1 Tbsp	95 mg
Cheese		
Food Club		
Cream Cheese, Whipped	2 Tbsp	80 mg
Cream Cheese, Regular	2 Tbsp	100 mg
Cream Cheese, Lite	2 Tbsp	115 mg
Ricotta Cheese, Part Skim	¼ cup	60 mg
Milk		
Milk (all varieties)	8 ounces	120-125 mg
Silk Soy Milk	8 ounces	95-120 mg
Yogurt (all varieties)		
	6 ounces	< 140 mg
Salad Dressings		
Annie's		
Balsamic Vinaigrette	2 Tbsp	75 mg
Green Garlic	2 Tbsp	140 mg
Raspberry Vinaigrette Lite	2 Tbsp	60 mg
Red Wine and Olive Oil	2 Tbsp	120 mg
Full Circle		
Raspberry Vinaigrette	2 Tbsp	10 mg
Girard's		
Raspberry	2 Tbsp	65 mg
Kraft Organic		
Raspberry Vinaigrette	2 Tbsp	75 mg

Ken's Steakhouse		
Lite Accents	10 Sprays	35-110 mg
Lite Raspberry Walnut	2 Tbsp	125 mg
Sweet Vidalia Onion	2 Tbsp	115 mg
Maple Grove Farms		
Balsamic Vinaigrette	2 Tbsp	40 mg
Fat Free Vidalia Onion	2 Tbsp	140 mg
Fat Free Poppyseed	2 Tbsp	80 mg
Newman's Own Lighten Up		
Raspberry and Walnut	2 Tbsp	120 mg
Olde Cape Cod		
Sweet and Sour Poppyseed Dressing	2 Tbsp	45 mg
Lite Raspberry Vinaigrette	2 Tbsp	75 mg
Organicville		
Pomegranate Vinaigrette	2 Tbsp	55 mg
Paula Deen Collection		
Blackberry Walnut Dressing	2 Tbsp	45 mg
Creamy Vidalia Onion	2 Tbsp	95 mg
Peach Pecan	2 Tbsp	10 mg
Pompeian		
Pomegranate Infused Red Wine	1 Tbsp	5 mg
Virginia Brand		
Vidalia Onion Vinaigrette	2 Tbsp	115 mg
Wishbone Salad Spritzers		
	10 Sprays	70-130 mg
Joe's Market Dipping Oils		
Roasted Garlic Parmesan	1 Tbsp	0 mg
Classic Tuscan	1 Tbsp	0 mg
Salsas		
Joe's Market		
Southern Peach Salsa	2 Tbsp	140 mg
Tomato and Garlic Salsa	2 Tbsp	140 mg
Drew's Salsa		
	2 Tbsp	100-140 mg
Enrico's Salsa		
	2 Tbsp	60-80 mg
Green Mountain Gringo Salsa		
	2 Tbsp	90 mg

Muir Glen Salsa	2 Tbsp	130-135 mg
Walnut Acres Salsa	2 Tbsp	85-135 mg
Newman's Own		
Mild/Medium - All Natural Chunky	2 Tbsp	105 mg
Sauces/ Marinades		
Drew's		
Sesame Orange Marinade	1 Tbsp	110 mg
Soy Ginger	1 Tbsp	74 mg
Rosemary Balsamic	1 Tbsp	84 mg
Smoked Tomato	1 Tbsp	69 mg
Thai Sesame Lime	1 Tbsp	72 mg
Kraft		
Sweet'n Sour Sauce	1 Tbsp	
Mrs. Dash 10 Minute Marinade		
Zesty Garlic	1 Tbsp	0-20 mg
Lemon Herb Peppercorn	1 Tbsp	0-20 mg
Olde Cape Code Grilling Sauce		
Sweet and Fruity Cranberry	2 Tbsp	65 mg
Lemon Ginger	2 Tbsp	10 mg
Texas Pete		
Hot Sauce	1 tsp	120 mg
Tabasco		
Pepper Sauce	1 tsp	30 mg
Hunt's Ketchup- No Salt Added	17 g	0 mg
Snack Bars		
Atkins Indulge Chocolate Coconut Bar	1 bar	75 mg
Barbara's Crunchy Organic Granola Bars	2 bars	60 mg
Barbara's Fruit and Yogurt Cherry Apple	1 bar	125 mg
Bumble Bar	1 bar	60 mg
Caribou Coffee Caramel High Rise Bar	1 bar	110 mg
Clif Bar- Banana Nut Bread	1 bar	130 mg
Clif Kid Z Bar	1 bar	100-125 mg
Curves Chocolate Peanut Bar	1 bar	75 mg
Envirokidz Crispy Rice Bar	1 bar	80-90 mg
Fiber One Chewy Bars	1 bar	90-120 mg
Food Club Chewy Granola Bars	1 bar	80-140

		mg
Food Club Essential Choice Cereal Bar	1 bar	85 mg
Full Circle Fruit and Cereal Bars	1 bar	80 mg
Health Valley Café Creations Cinnamon Danish	1 bar	80 mg
Health Valley Organic Chewy Granola Bars	1 bar	15-90 mg
Health Valley Toaster Tarts	1 bar	95 mg
Honey Nut Cheerio Bar	1 bar	120 mg
Kashi Baked Apple Spice Snack Bar	1 bar	105 mg
Kashi TLC Fruit and Grain Bars	1 bar	50 mg
Lara Bars	1 bar	0-10 mg
Luna Bars	1 bar	100-130 mg
Luna Sunrise	1 bar	95-105 mg
Nature Valley Chewy Trail Mix Bar	1 bar	90-100 mg
Nature Valley Yogurt Bar	1 bar	100 mg
Nature's Path Weil Bars	1 bar	0-60 mg
Nutrigrain	1 bar	105-135 mg
Quaker Chewy Oatmeal Raisin Bar	1 bar	80 mg
Quaker Simple Harvest	1 bar	85 mg
Slim-Fast Optima Snack Bar	1 bar	90-140 mg
Soyjoy	1 bar	40-50 mg
Special K bar	1 bar	85 mg
Sunbelt Chewy Granola	1 bar	130 mg
Think Thin Blueberry Noni Bar	1 bar	95 mg
Zone Perfect Fruitified Apple Cinnamon	1 bar	140 mg
Soup		
Campbell's Low Sodium Chicken with Noodles	1 cup	140 mg
Imagine Organic Free Range Chicken Broth Low Sodium	1 cup	95 mg
Imagine Organic Vegetable Broth Low Sodium	1 cup	140 mg
Orrington Farms Chicken Low Sodium Soup Base	1 ¼ tsp	140 mg
Pacific Natural Foods Organic Low Sodium Vegetable Broth	1 cup	140 mg
Vegetables		
Choose all canned vegetables and beans with no salt added, plain frozen vegetables, or fresh vegetables. Regular canned vegetables and beans should be rinsed well in water to reduce sodium.		

Seasonings		
Lawry's Seasoned Pepper	1 Tbsp.	0 mg
McCormick Salt Free	¼ tsp	0 mg
Mrs. Dash	¼ tsp	0 mg
Nu Salt	1/6 tsp	0 mg
Sauers BBQ Seasoning	1/6 tsp	65 mg
Ukrop's Products		
<i>Bakery</i>		
Almond Coffee Cake	1/9 cake	140 mg
Angel Food Cake	1/8 cake	125 mg
Amaretti Cookies	3 cookies	10 mg
Blueberry Mini Muffin	2 muffins	130 mg
Brunli Cookies	2 cookies	10 mg
Buttercream Coffee Cake	1/12 cake	140 mg
Butterstar Cookies	3 cookies	115 mg
Carrot Raisin Muffin	1 muffin	105 mg
Chocolate Angel Food Cake	1/8 cake	115 mg
Chocolate Macarons	1 cookie	15 mg
Cinnamon Raisin Bun	1 bun	135 mg
Cinnamon Star Cookies	1 cookie	0 mg
Classic Brownies		
Butterscotch	1 brownie	140 mg
German Chocolate	1 brownie	120 mg
Rocky Road	1 brownie	65 mg
Chocolate Nut	1 brownie	60 mg
Ginger Treats	1 bar	135 mg
Lemon Angel Food Cake	1/8 cake	125 mg
Pecan Tea Cookies	3 cookies	115 mg
Petite Croissant	1 croissant	107 mg
Petite Lemon Almond Torte	1/12 cake	125 mg
Rainbow Cookies	4 cookies	85 mg
Strawberry Angel Food Cake	1/8 cake	120 mg
Swiss Chocolate Torte Cake	1/8 cake	125 mg
Deli Cheese		
Alpine Lace Provolone	1 slice	130 mg
Ukrop's Swiss		
Deli Meats		
Boar's Head Roast Beef Medium	2 oz.	40 mg
Boar's Head Seasoned Top Round Beef	2 oz.	120 mg
Boar's Head Roast Beef Rare	2 oz.	40 mg
Ukrop's Roast Beef	2 oz.	75 mg

<i>Kitchen</i>		
Blueberry Apple Crisp	½ cup	70 mg
Blueberry Delight	½ cup	80 mg
Charleston Shrimp Spread	2 Tbsp.	110 mg
Chesapeake Bay Clam Dip	2 Tbsp.	130 mg
Cinnamon Apple Crisp	½ cup	140 mg
Cole Slaw- Country	½ cup	110 mg
Cole Slaw- Regular	1/2 cup	105 mg
Cranberry Orange Salad	½ cup	85 mg
Cucumber Tomato Feta	2/3 cup	135 mg
Deviled Eggs	1 egg	100 mg
French Onion Dip	2 Tbsp.	65 mg
Green Beans and Carrots	¾ cup	140 mg
Hawaiian Pineapple Nut Spread	2 Tbsp.	65 mg
Honey Baked Apples	½ cup	20 mg
Jasmine Rice	¾ cup	0 mg
Linguine with Herbs	2 cups	0 mg
Mandarin Orange Salad	½ cup	85 mg
Marinated Cucumber Salad	½ cup	0 mg
Oven Roasted Vegetables	2/3 cup	125 mg
Pico de Gallo	2 Tbsp.	20 mg
Raspberry Crème	½ cup	120 mg
Spiced Sesame Noodles	1 cup	120 mg
Springtime Strawberry Salad	½ cup	105 mg
Strawberry Crème	½ cup	110 mg
Tropical Lime Salad	½ cup	120 mg
Zucchini and Yellow Corn Medley	½ cup	130 mg
Ukrop's Bakes- Roasted Eggplant Provencal	1/6 pan	100 mg
Miscellaneous		
<i>Beverages</i>		
Campbell's Low Sodium Tomato	1 cup	140 mg
V8 Low Sodium Tomato	1 cup	140 mg