

All Bird Clinic of the Palm Beaches

3769 S. Military Trail
Lake Worth, FL 33463
Phone: 561-304-7928

Sodium List

Food Item	Sodium (mgs/Tbl)	Food Item	Sodium (mgs/Tbl)
Peppers (sweet)	0.03	PEANUTS	
Apricot	0.03	Dry-roasted (unsalted)	0
Apples	0.06	Oil-roasted (unsalted)	0
Pineapples (fresh)	0.06	Roasted-in-shell (unsalted)	0
(in juice)	0.13	SUNFLOWER SEEDS (unsalted)	0
Pumpkin	0.06	POPCORN	
Oranges	0.06	Movie theater style, Light	250.00
Cantaloupe	0.09	CRACKERS	
Mango	0.09	Ritz (1 pc)	30.00
Bananas	0.13	Low Salt	15.00
Grapes (American)	0.13	Saltines (1 pc)	36.00
(European)	0.22	Low Salt	24.00
Watermelon	0.19	CHIPS	
Green Beans	0.72	Doritos	95.00
Romaine	1.00	Ruffles	100.00
Fruit Cocktail (heavy syrup)	1.13	CHEESE	
Yams		Swiss	20.00
(fresh, no skin)	1.13	Cheddar	90.00
(canned, heavy syrup)	3.75	American (processed)	140.00
Brussel Sprouts (frozen)	1.25	Mozzarella (whole milk)	230.00
Parsley	1.50	MEAT	
Corn		Roast beef	8.38
(fresh, boiled)	1.75	Steak (sirloin)	8.75
(cob)	1.25	Turkey (breast, white)	9.13
(canned)	28.75	Chicken (breast, white)	9.85
Collard Greens	2.25	Bacon	253.25
Carrots	2.38		
Broccoli (fresh)	2.50		
Spinach	2.75		
Coconuts	2.88		
Celery	6.63		
Potatoes			
(French fries)	6.67		
(baked)	0.38		
Mixed Vegetables			
(frozen)	6.82		
(canned)	44.38		