

**Table 2: Targets and timelines for food categories in the Canadian and United States National Salt Reduction Initiatives (not including those in Table 1)<sup>a</sup>**

Country and food products	Baseline	Target sodium mg/100g			Max 2016	% reduction in SWA 2014	% reduction in SWA 2016
	SWA	SWA					
		2012	2014	2016			
<b>Canada</b>							
<b>Pantry bread and rolls, bagels, croissants, and flatbreads</b>	<b>469</b>	<b>430</b>	<b>380</b>	<b>330</b>	<b>520</b>	<b>19</b>	<b>30</b>
Bagels	<b>422</b>	<b>430</b>	<b>380</b>	<b>330</b>	<b>520</b>	<b>10</b>	<b>22</b>
Croissants	<b>447</b>	<b>430</b>	<b>380</b>	<b>330</b>	<b>520</b>	<b>15</b>	<b>26</b>
Diet bread	<b>480</b>	<b>430</b>	<b>380</b>	<b>330</b>	<b>520</b>	<b>21</b>	<b>31</b>
Flatbreads	<b>378</b>	<b>430</b>	<b>380</b>	<b>330</b>	<b>520</b>	<b>-1</b>	<b>13</b>
Flatbreads with low or no added sodium claim	<b>12</b>						
Pantry bread	<b>468</b>	<b>430</b>	<b>380</b>	<b>330</b>	<b>520</b>	<b>19</b>	<b>29</b>
Pantry rolls and buns	<b>518</b>	<b>430</b>	<b>380</b>	<b>330</b>	<b>520</b>	<b>27</b>	<b>36</b>
Pizza crust	<b>488</b>	<b>430</b>	<b>380</b>	<b>330</b>	<b>520</b>	<b>22</b>	<b>32</b>
<b>Hearth Bread</b>	<b>531</b>	<b>520</b>	<b>490</b>	<b>470</b>	<b>600</b>	<b>8</b>	<b>11</b>
Hearth bread	<b>530</b>	<b>520</b>	<b>490</b>	<b>470</b>	<b>600</b>	<b>8</b>	<b>11</b>
Hearth and non-hearth bread with additions	<b>537</b>	<b>520</b>	<b>490</b>	<b>470</b>	<b>600</b>	<b>9</b>	<b>12</b>
<b>Dry bread</b>	<b>733</b>	<b>650</b>	<b>570</b>	<b>480</b>	<b>860</b>	<b>22</b>	<b>35</b>
Dry bread	<b>733</b>	<b>650</b>	<b>570</b>	<b>480</b>	<b>860</b>	<b>22</b>	<b>35</b>
<b>Breadcrumbs, croutons, and salad toppers</b>	<b>916</b>	<b>840</b>	<b>760</b>	<b>670</b>	<b>1150</b>	<b>17</b>	<b>27</b>
Breadcrumbs, croutons, and salad toppers	<b>849</b>	<b>840</b>	<b>760</b>	<b>670</b>	<b>1150</b>	<b>10</b>	<b>21</b>
Seasoned breadcrumbs, croutons, and salad toppers	<b>1010</b>	<b>840</b>	<b>760</b>	<b>670</b>	<b>1150</b>	<b>25</b>	<b>34</b>

<b>Breading, batter, and coatings</b>	<b>3005</b>	<b>2650</b>	<b>2250</b>	<b>1840</b>	<b>3420</b>	<b>25</b>	<b>39</b>
Breading, batter, and coatings	3005	2650	2250	1840	3420	25	39
<b>Refrigerated dough</b>	<b>733</b>	<b>660</b>	<b>590</b>	<b>510</b>	<b>790</b>	<b>20</b>	<b>30</b>
Refrigerated dough	733	660	590	510	790	20	30
<b>Tortillas and wraps</b>	<b>698</b>	<b>650</b>	<b>600</b>	<b>550</b>	<b>760</b>	<b>14</b>	<b>21</b>
Flavored tortilla	713	650	600	550	760	16	23
Plain tortilla	697	650	600	550	760	14	21
<b>English muffins and raisin bread</b>	<b>373</b>	<b>340</b>	<b>300</b>	<b>260</b>	<b>400</b>	<b>20</b>	<b>30</b>
Bread with raisins	365	340	300	260	400	18	29
English muffins	377	340	300	260	400	20	31
<b>Pancakes, waffles and French toast</b>	<b>614</b>	<b>530</b>	<b>490</b>	<b>440</b>	<b>650</b>	<b>20</b>	<b>28</b>
Pancakes, waffles and French toast	614	530	490	440	650	20	28
<b>NSRI</b>							
Breads and rolls	485	440	360			26	
Sweet bread and rolls	295	270	220			25	
Restaurant savory yeast breads without salty additions	457	410	360			21	
Restaurant Savory yeast breads with salty additions	543	470	410			24	
Restaurant sweet yeast breads	290	280	250			14	
Restaurant sweet quick breads	288	280	250			13	
Tortillas and wraps	717	650	540			25	
French toast, pancakes, and waffles	569	510	430			24	
<b>Canada</b>							
<b>Cookies</b>	<b>363</b>	<b>320</b>	<b>280</b>	<b>240</b>	<b>390</b>	<b>23</b>	<b>34</b>
Chocolate chip	443	320	280	240	390	37	46
Chocolate covered	218	320	280	240	390	-28	-10
Fruit filled cookies	276	320	280	240	390	-1	13
Other cookies	390	320	280	240	390	28	38
Sandwich cookies	307	320	280	240	390	9	22
Sandwich cookies with low or no added sodium claim	147						

Shortbread	351	320	280	240	390	20	32
Social tea/sugar type	421	320	280	240	390	33	43
Social tea/sugar type with low or no added sodium claim	294	320	280	240	390	5	18
Sugar wafer	93						
<b>Crackers</b>	<b>859</b>	<b>770</b>	<b>690</b>	<b>600</b>	<b>930</b>	<b>20</b>	<b>30</b>
Crackers	861	770	690	600	930	20	30
Crackers with low or no added sodium claim	152						
<b>Tea biscuits and scones</b>	<b>789</b>	<b>730</b>	<b>630</b>	<b>530</b>	<b>790</b>	<b>20</b>	<b>33</b>
Tea biscuits and scones	789	730	630	530	790	20	33
<b>NSRI</b>							
Cookies	367	310	260			29	
Restaurant cookies	354	310	260			27	
Restaurant biscuits	932	800	700			25	
Crackers	918	780	640			30	
<b>Canada</b>							
<b>Baked desserts</b>	<b>349</b>	<b>310</b>	<b>270</b>	<b>230</b>	<b>400</b>	<b>23</b>	<b>34</b>
Brownies/ squares	282	310	270	230	400	4	18
Cake	422	310	270	230	400	36	45
Cake with pudding/mousse	181	310	270	230	400	-49	-27
Cheesecake	222	310	270	230	400	-22	-4
Doughnuts- cake	392	310	270	230	400	31	41
Doughnuts- yeast	231	310	270	230	400	-17	0
Muffins/quick breads	400	310	270	230	400	33	43
Muffins/quick breads with low or no added sodium claim	255	310	270	230	400	-6	10
Pastries	229	310	270	230	400	-18	0
Pie/crisps	215	310	270	230	400	-26	-7
Snack cakes	350	310	270	230	400	23	34
Sweet buns	280	310	270	230	400	4	18
<b>Toaster Pastries</b>	<b>360</b>	<b>350</b>	<b>330</b>	<b>320</b>	<b>400</b>	<b>8</b>	<b>11</b>

Toaster Pastries	360	350	330	320	400	8	11
<b>Pie dough and shells</b>	<b>369</b>	<b>350</b>	<b>300</b>	<b>250</b>	<b>530</b>	<b>19</b>	<b>32</b>
Pie dough/ shell	378	350	300	250	530	21	34
Pie dough/ shell with low or no added sodium claim	318	350	300	250	530	6	21
<b>NSRI</b>							
Cakes, snack cakes, muffins, and toaster pastries	359	310	250			30	
Restaurant pies and turnovers	231	220	200			13	
<b>Canada</b>							
<b>Ready-to-eat-cereals</b>	<b>558</b>	<b>490</b>	<b>430</b>	<b>360</b>	<b>630</b>	<b>23</b>	<b>35</b>
Flakes	647	490	430	360	630	34	44
Flakes with fruits and/ or nuts	603	490	430	360	630	29	40
Flakes with low or no added sodium claim	216						
Granola/ muesli	232	490	430	360	630	-85	-55
Granola/ muesli with low or added sodium claim	52						
High fiber compact	823	490	430	360	630	48	56
High fiber compact with low or no added sodium claim	173						
Puffed	688	490	430	360	630	38	48
Semi compact/ formed	650	490	430	360	630	34	45
Shredded	442	490	430	360	630	3	19
Shredded with low or no added sodium claim	8						
<b>Hot instant cereals</b>	<b>539</b>	<b>460</b>	<b>400</b>	<b>340</b>	<b>600</b>	<b>26</b>	<b>37</b>
Flavored hot instant cereals as sold	538	460	400	340	600	26	37
Flavored hot instant cereals as sold with low or no added sodium claim	200						
Plain hot instant cereals as sold	568	460	400	340	600	30	40
Plain hot instant cereals as sold with	263						

low or no added sodium claim							
<b>NSRI</b>							
Breakfast cereals, light and medium weight	<b>609</b>	<b>490</b>	<b>370</b>			<b>39</b>	
Breakfast cereals, heavy weight	<b>298</b>	<b>250</b>	<b>210</b>			<b>30</b>	
Instant hot cereal	<b>562</b>	<b>480</b>	<b>390</b>			<b>31</b>	
<b>Canada</b>							
<b>Uncooked bacon - belly</b>	<b>619</b>	<b>610</b>	<b>590</b>	<b>580</b>	<b>610</b>	<b>5</b>	<b>6</b>
Uncooked bacon - belly	<b>619</b>	<b>610</b>	<b>590</b>	<b>580</b>	<b>610</b>	<b>5</b>	<b>6</b>
<b>Fully cooked breakfast strips and bacon substitutes</b>	<b>961</b>	<b>940</b>	<b>930</b>	<b>910</b>	<b>960</b>	<b>3</b>	<b>5</b>
Fully cooked breakfast strips and bacon substitutes	<b>961</b>	<b>940</b>	<b>930</b>	<b>910</b>	<b>960</b>	<b>3</b>	<b>5</b>
<b>Uncooked fresh sausage</b>	<b>789</b>	<b>750</b>	<b>700</b>	<b>660</b>	<b>690</b>	<b>11</b>	<b>16</b>
Uncooked fresh sausage - breakfast and dinner varieties	<b>789</b>	<b>750</b>	<b>700</b>	<b>660</b>	<b>690</b>	<b>11</b>	<b>16</b>
<b>Fully cooked sausage - smoked and unsmoked, and wieners</b>	<b>990</b>	<b>940</b>	<b>880</b>	<b>830</b>	<b>870</b>	<b>11</b>	<b>16</b>
Fully cooked sausage - smoked, not smoked and wieners	<b>990</b>	<b>940</b>	<b>880</b>	<b>830</b>	<b>870</b>	<b>11</b>	<b>16</b>
<b>Pates and spreads</b>	<b>781</b>	<b>710</b>	<b>640</b>	<b>570</b>	<b>600</b>	<b>18</b>	<b>27</b>
Pates and spreads	<b>781</b>	<b>710</b>	<b>640</b>	<b>570</b>	<b>600</b>	<b>18</b>	<b>27</b>
<b>Packaged deli meats - fully cooked</b>	<b>1028</b>	<b>970</b>	<b>910</b>	<b>850</b>	<b>890</b>	<b>11</b>	<b>17</b>
Packaged deli meats - fully cooked excludes pates and spreads	<b>1028</b>	<b>970</b>	<b>910</b>	<b>850</b>	<b>890</b>	<b>11</b>	<b>17</b>
<b>Packaged deli meats - dry cured, fermented, no thermal process</b>	<b>1592</b>	<b>1510</b>	<b>1420</b>	<b>1330</b>	<b>1400</b>	<b>11</b>	<b>16</b>
Packaged deli meats - dry cured, fermented, no thermal process	<b>1592</b>	<b>1510</b>	<b>1420</b>	<b>1330</b>	<b>1400</b>	<b>11</b>	<b>16</b>
<b>Canned chicken or turkey</b>	<b>554</b>	<b>520</b>	<b>480</b>	<b>450</b>	<b>470</b>	<b>13</b>	<b>19</b>
Canned chicken or turkey	<b>554</b>	<b>520</b>	<b>480</b>	<b>450</b>	<b>470</b>	<b>13</b>	<b>19</b>
<b>Canned meat</b>	<b>865</b>	<b>840</b>	<b>820</b>	<b>790</b>	<b>830</b>	<b>5</b>	<b>9</b>

Canned meat	865	840	820	790	830	5	9
<b>Canned tuna</b>	<b>339</b>	<b>310</b>	<b>280</b>	<b>250</b>	<b>400</b>	<b>17</b>	<b>26</b>
Oil packed tuna	359	310	280	250	400	22	30
Water packed tuna	361	310	280	250	400	22	31
Water packed tuna with low or no added sodium claim	84						
<b>Canned salmon and other canned fish and shellfish</b>	<b>384</b>	<b>360</b>	<b>340</b>	<b>320</b>	<b>530</b>	<b>11</b>	<b>17</b>
Canned salmon, fish salad, and sauce packed tuna	434	360	340	320	530	22	26
Canned salmon, fish salad, and sauce packed tuna with low or no added sodium claim	80						
Canned shellfish, and fish in sauce, oil or water excludes tuna	373	360	340	320	530	9	14
<b>Meat sticks</b>	<b>1204</b>	<b>1160</b>	<b>1120</b>	<b>1080</b>	<b>1140</b>	<b>7</b>	<b>10</b>
Meat sticks	1204	1160	1120	1080	1140	7	10
<b>Jerky</b>	<b>2355</b>	<b>2200</b>	<b>2050</b>	<b>1900</b>	<b>2000</b>	<b>13</b>	<b>19</b>
Jerky	2355	2200	2050	1900	2000	13	19
<b>Meat/poultry marinated or flavoured and moisture enhanced, uncured</b>	<b>458</b>	<b>430</b>	<b>400</b>	<b>370</b>	<b>390</b>	<b>13</b>	<b>19</b>
Marinated or flavored - cooked	429	430	400	370	390	7	14
Marinated or flavored - cooked with low or no added sodium claim	92						
Marinated or flavored - uncooked	454	430	400	370	390	12	19
Moisture enhanced meat and poultry - cooked	593	430	400	370	390	33	38
Moisture enhanced meat and poultry - uncooked	423	430	400	370	390	5	13
<b>Burgers, meatballs, meat loaf, and breaded meat and poultry</b>	<b>503</b>	<b>490</b>	<b>470</b>	<b>450</b>	<b>470</b>	<b>7</b>	<b>11</b>
Breaded - cooked	529	490	470	450	470	11	15
Breaded - uncooked	552	490	470	450	470	15	18

Burgers, meatballs, and meat loafs - cooked	545	490	470	450	470	14	17
Burgers, meatballs, and meat loafs - uncooked	422	490	470	450	470	-11	-7
<b>Chicken wings</b>	<b>689</b>	<b>650</b>	<b>610</b>	<b>570</b>	<b>600</b>	<b>11</b>	<b>17</b>
Wings - cooked	701	650	610	570	600	13	19
Wings - uncooked	574	650	610	570	600	-6	1
<b>Frozen plain fish and seafood with added sodium phosphate</b>	<b>285</b>	<b>260</b>	<b>240</b>	<b>220</b>	<b>570</b>	<b>16</b>	<b>23</b>
Fish with sodium phosphate	214	260	240	220	570	-12	-3
Seafood with sodium phosphate	348	260	240	220	570	31	37
<b>Fish and seafood: cakes or burgers, seasoned, and breaded or battered</b>	<b>460</b>	<b>390</b>	<b>350</b>	<b>300</b>	<b>560</b>	<b>24</b>	<b>35</b>
Breaded or battered fish	460	390	350	300	560	24	35
Breaded or battered seafood	624	390	350	300	560	44	52
Fish or seafood cake and burger	425	390	350	300	560	18	29
Seasoned fish and seafood, and stuffed fish	450	390	350	300	560	22	33
<b>Smoked fish</b>	<b>811</b>	<b>740</b>	<b>680</b>	<b>610</b>	<b>1000</b>	<b>16</b>	<b>25</b>
Smoked fish	811	740	680	610	1000	16	25
<b>Kippered fish</b>	<b>707</b>	<b>650</b>	<b>600</b>	<b>540</b>	<b>1030</b>	<b>15</b>	<b>24</b>
Kippered fish	707	650	600	540	1030	15	24
<b>Preserved meat - uncooked</b>	<b>1084</b>	<b>1020</b>	<b>960</b>	<b>900</b>	<b>950</b>	<b>11</b>	<b>17</b>
Preserved meat - uncooked	1084	1020	960	900	950	11	17
<b>Bacon bits and shelf stable pre-cooked bacon</b>	<b>2514</b>	<b>2250</b>	<b>2020</b>	<b>1800</b>	<b>3000</b>	<b>20</b>	<b>28</b>
Bacon bits and shelf stable pre-cooked bacon	2514	2250	2020	1800	3000	20	28
<b>Fish and seafood, mousse, spread, and dips</b>	<b>573</b>	<b>510</b>	<b>460</b>	<b>400</b>	<b>620</b>	<b>20</b>	<b>30</b>
Fish and seafood mousse, spread, and dips	573	510	460	400	620	20	30

<b>Seasoned tofu and tempeh</b>	<b>148</b>	<b>130</b>	<b>120</b>	<b>100</b>	<b>530</b>	<b>19</b>	<b>32</b>
Seasoned tofu and tempeh	148	130	120	100	530	19	32
<b>Meat analogues</b>	<b>577</b>	<b>540</b>	<b>460</b>	<b>380</b>	<b>580</b>	<b>20</b>	<b>34</b>
Meat analogues	577	540	460	380	580	20	34
<b>Plain tofu and tofu dessert</b>	<b>11</b>						
Plain tofu	12						
Tofu dessert	7						
<b>Imitation and simulated seafood</b>	<b>630</b>	<b>600</b>	<b>580</b>	<b>550</b>	<b>710</b>	<b>8</b>	<b>13</b>
Imitation and simulated seafood	630	600	580	550	710	8	13
<b>NSRI</b>							
Bacon	1792	1610	1470			18	
Cooked sausage	898	810	720			20	
Uncooked sausage	838	750	670			20	
Cold cuts	1085	980	819			25	
Pepperoni	1834	1740	1560			15	
Hot dogs	1059	950	850			20	
Canned meat and sausage	987	940	840			15	
Canned chicken and turkey	403	380	340			16	
Canned fish	374	350	330			12	
Uncooked whole muscle meat and poultry	N/A	450	400				
Restaurant hamburgers	403	380	330			18	
Restaurant cheeseburgers	539	460	410			24	
Restaurant boneless breaded chicken	738	670	590			20	
Restaurant bone-in breaded chicken	688	620	550			20	
Restaurant bone-in chicken without breading	518	440	390			25	
Restaurant breaded seafood	751	680	560			25	
Frozen and refrigerated meat	587	530	440			25	



substitutes							
<b>Canada</b>							
<b>Cottage cheese</b>	<b>375</b>	<b>350</b>	<b>330</b>	<b>280</b>	<b>410</b>	<b>12</b>	<b>25</b>
Cottage cheese	377	350	330	280	410	12	26
Cottage cheese with low or no added sodium claim	20						
Cream cheese, cream cheese products, and soft unripened goat cheese	472	440	410	350	600	13	26
Cream cheese and other cream cheese products- plain and sweet	442	440	410	350	600	7	21
Cream cheese and other cream cheese products- savory	598	440	410	350	600	31	41
Soft unripened goat cheese	407	440	410	350	600	-1	14
<b>Brie, camembert, cheddar, Swiss, Monterey jack, brick, Colby, gouda, and mozzarella</b>	<b>720</b>	<b>710</b>	<b>700</b>	<b>670</b>	<b>770</b>	<b>3</b>	<b>7</b>
Brie and camembert	643	710	700	670	770	-9	-4
Cheddar, Swiss, Monterey jack, brick, Colby, gouda, and mozzarella	706	710	700	670	770	1	5
Mixed cheese shredded	720	710	700	670	770	3	7
Mozzarella	746	710	700	670	770	6	10
<b>Feta and feta style cheese</b>	<b>1323</b>	<b>1270</b>	<b>1210</b>	<b>1100</b>	<b>1530</b>	<b>9</b>	<b>17</b>
Feta and feta style cheese	1323	1270	1210	1100	1530	9	17
<b>Hard cheese grated and ungrated</b>	<b>2293</b>	<b>2150</b>	<b>2010</b>	<b>1720</b>	<b>2530</b>	<b>12</b>	<b>25</b>
Hard cheese grated and ungrated	2293	2150	2010	1720	2530	12	25
<b>Processed cheese and other cheese products</b>	<b>1610</b>	<b>1520</b>	<b>1420</b>	<b>1240</b>	<b>1670</b>	<b>12</b>	<b>23</b>
Processed cheese light and fat free	1491	1520	1420	1240	1670	5	17
Processed cheese regular	1662	1520	1420	1240	1670	15	25
Processed cheese spreads	1571	1520	1420	1240	1670	10	21
<b>Dairy free cheese and spreads</b>	<b>616</b>	<b>560</b>	<b>510</b>	<b>460</b>	<b>1140</b>	<b>17</b>	<b>25</b>
Dairy free cheese and spreads	616	560	510	460	1140	17	25

<b>Flavoured dairy and dairy alternative beverages</b>	<b>45</b>						
Soya drinks plain and flavored	<b>44</b>						
Soya drinks plain and flavored with low or no added sodium claim	<b>24</b>						
Syrup, powder, hot chocolate as consumed	<b>54</b>						
<b>NSRI</b>							
Grated hard cheese	<b>1530</b>	<b>1450</b>	<b>1300</b>			<b>15</b>	
Cheddar, Colby, Jack, mozzarella, Muenster, provolone, and Swiss cheese	<b>668</b>	<b>630</b>	<b>600</b>			<b>10</b>	
Cream cheese	<b>408</b>	<b>390</b>	<b>350</b>			<b>14</b>	
Cottage cheese	<b>347</b>	<b>330</b>	<b>290</b>			<b>16</b>	
Processed cheese	<b>1393</b>	<b>1250</b>	<b>1040</b>			<b>25</b>	
<b>Canada</b>							
<b>Chips, popcorn, and extruded corn snacks</b>	<b>676</b>	<b>580</b>	<b>490</b>	<b>400</b>	<b>880</b>	<b>28</b>	<b>41</b>
Extruded corn snacks	<b>919</b>	<b>580</b>	<b>490</b>	<b>400</b>	<b>880</b>	<b>47</b>	<b>56</b>
Flavored chips	<b>826</b>	<b>580</b>	<b>490</b>	<b>400</b>	<b>880</b>	<b>41</b>	<b>52</b>
Plain chips	<b>491</b>	<b>580</b>	<b>490</b>	<b>400</b>	<b>880</b>	<b>0</b>	<b>19</b>
Plain chips with low or no added sodium claim	<b>209</b>						
Popcorn	<b>598</b>	<b>580</b>	<b>490</b>	<b>400</b>	<b>880</b>	<b>18</b>	<b>33</b>
<b>Pretzels and snack mixes</b>	<b>1307</b>	<b>1140</b>	<b>970</b>	<b>790</b>	<b>1400</b>	<b>26</b>	<b>40</b>
Pretzels and snack mixes	<b>1307</b>	<b>1140</b>	<b>970</b>	<b>790</b>	<b>1400</b>	<b>26</b>	<b>40</b>
Pretzels and snack mixes with low or no added sodium claim	<b>0</b>	<b>1140</b>	<b>970</b>	<b>790</b>	<b>1400</b>		
<b>Nuts, seeds, and kernels, seasoned and candied</b>	<b>519</b>	<b>460</b>	<b>390</b>	<b>320</b>	<b>550</b>	<b>25</b>	<b>38</b>
Nuts, seeds, and kernels, seasoned	<b>519</b>	<b>460</b>	<b>390</b>	<b>320</b>	<b>550</b>	<b>25</b>	<b>38</b>
Nuts, seeds, and kernels, seasoned with low or no added sodium claim	<b>228</b>						

<b>Unsalted nuts, seeds, and kernels</b>	<b>4</b>						
Nuts, seeds and kernels, unsalted	<b>5</b>						
Nuts, seeds and kernels, unsalted with sodium free claim	<b>0</b>						
Nuts, seeds and kernels, unsalted with low or no added sodium claim	<b>4</b>						
<b>Granola and cereal type bars</b>	<b>276</b>	<b>240</b>	<b>210</b>	<b>180</b>	<b>340</b>	<b>24</b>	<b>35</b>
Granola and cereal type bars	<b>277</b>	<b>240</b>	<b>210</b>	<b>180</b>	<b>340</b>	<b>24</b>	<b>35</b>
Granola and cereal type bars with low or no added sodium claim	<b>223</b>	<b>240</b>	<b>210</b>	<b>189</b>	<b>340</b>	<b>6</b>	<b>15</b>
<b>Sweet and salty bars</b>	<b>398</b>	<b>370</b>	<b>340</b>	<b>300</b>	<b>400</b>	<b>15</b>	<b>25</b>
Sweet and salty bar	<b>398</b>	<b>370</b>	<b>340</b>	<b>300</b>	<b>400</b>	<b>15</b>	<b>25</b>
<b>NSRI</b>							
Flavored chips	<b>711</b>	<b>570</b>	<b>430</b>			<b>40</b>	
Unflavored chips	<b>524</b>	<b>470</b>	<b>420</b>			<b>20</b>	
Puffed corn snacks	<b>969</b>	<b>820</b>	<b>680</b>			<b>30</b>	
Popcorn	<b>863</b>	<b>730</b>	<b>600</b>			<b>30</b>	
Pretzels and snack mixes	<b>1205</b>	<b>1020</b>	<b>840</b>			<b>30</b>	
<b>Canada</b>							
<b>Salted margarine</b>	<b>692</b>	<b>620</b>	<b>550</b>	<b>480</b>	<b>800</b>	<b>21</b>	<b>31</b>
Salted margarine	<b>692</b>	<b>620</b>	<b>550</b>	<b>480</b>	<b>800</b>	<b>21</b>	<b>31</b>
<b>Unsalted margarine</b>	<b>0</b>						
Unsalted margarine	<b>0</b>						
Unsalted margarine with sodium free claim	<b>0</b>						
Unsalted margarine with low no added sodium claim	<b>0</b>						
<b>Salted butter and butter blends</b>	<b>678</b>	<b>620</b>	<b>550</b>	<b>480</b>	<b>800</b>	<b>19</b>	<b>29</b>
Salted butter and butter blends	<b>678</b>	<b>620</b>	<b>550</b>	<b>480</b>	<b>800</b>	<b>19</b>	<b>29</b>
<b>Unsalted butter</b>	<b>11</b>						

Unsalted butter	12						
Unsalted butter with no salt sodium claim	0						
<b>Mayonnaise and mayonnaise type spreads and dressings</b>	<b>760</b>	<b>680</b>	<b>610</b>	<b>530</b>	<b>840</b>	<b>20</b>	<b>30</b>
Mayonnaise and mayonnaise type spreads and dressings regular	718	680	610	530	840	15	26
Mayonnaise and mayonnaise type spreads and dressings light or fat free	849	680	610	530	840	28	38
<b>Salad dressing and vinaigrette</b>	<b>987</b>	<b>890</b>	<b>790</b>	<b>690</b>	<b>1130</b>	<b>20</b>	<b>30</b>
Salad dressing regular	960	890	790	690	1130	18	28
Salad dressing light or fat free	1046	890	790	690	1130	24	34
<b>NSRI</b>							
Margarine and other spreads	718	650	570			21	
Salted butter	608	580	540			11	
Mayonnaise and mayonnaise- type dressing	713	640	570			20	
Salad dressing	1019	920	760			25	
<b>Canada</b>							
<b>Bouillon and broth products</b>	<b>296</b>	<b>280</b>	<b>260</b>	<b>240</b>	<b>360</b>	<b>12</b>	<b>19</b>
Broth	293	280	260	240	360	11	18
Broth with low or no added sodium claim	39						
Dry as consumed	324	280	260	240	360	20	26
Dry as consumed with low or no added sodium claim	53						
Liquid concentrates as consumed	342	280	260	240	360	24	30
<b>Canned condensed wet soup</b>	<b>302</b>	<b>280</b>	<b>260</b>	<b>240</b>	<b>360</b>	<b>14</b>	<b>21</b>
Cream or cheese soup as consumed	316	280	260	240	360	18	24
Non-cream soup as consumed	295	280	260	240	360	12	19
<b>Ready to serve soup</b>	<b>280</b>	<b>280</b>	<b>260</b>	<b>240</b>	<b>360</b>	<b>7</b>	<b>14</b>
Cream or cheese soup as consumed	285	280	260	240	360	9	16

Non-cream soup as consumed	279	280	260	240	360	7	14
<b>Fresh and instant oriental noodle soups</b>	<b>309</b>	<b>280</b>	<b>260</b>	<b>240</b>	<b>360</b>	<b>16</b>	<b>22</b>
Fresh and instant oriental noodle soups as consumed	309	280	260	240	360	16	22
<b>Dry soup mixes</b>	<b>388</b>	<b>280</b>	<b>260</b>	<b>240</b>	<b>360</b>	<b>33</b>	<b>38</b>
Dried cream and cheese soup as consumed	275	280	260	240	360	5	13
Dried non-cream soup as consumed	394	280	260	240	360	34	39
<b>NSRI</b>							
Broth and stock	352	320	260			26	
Canned soup	326	280	230			29	
Restaurant soup	395	340	280			29	
Dry soup	820 mg/ serving	700 mg/ serving	570 mg/ serving			30	
<b>Canada</b>							
Canned and dry pasta and noodles with sauce as consumed	351	330	300	270	440	15	23
<b>NSRI</b>							
Seasoned pasta and stuffing mixes	700 mg/cup	630 mg/cup	560 mg/cup			20	
<b>Canada</b>							
<b>Chopped or pureed garlic</b>	<b>3</b>						
Chopped or pureed garlic	3						
<b>Canned vegetables and legumes</b>	<b>246</b>	<b>200</b>	<b>150</b>	<b>100</b>	<b>310</b>	<b>39</b>	<b>59</b>
Artichoke and heart of palm	410	200	150	100	310	63	76
Artichoke and heart of palm with low or no added sodium claim	0	200	150	100	310		
Asparagus	257	200	150	100	310	42	61
Beets (pickled and non-pickled)	219	200	150	100	310	32	54
Canned corn	267	200	150	100	310	44	63
Canned corn with low or no added sodium claim	10						

Canned green/yellow beans	296	200	150	100	310	49	66
Canned green/yellow beans with low or no added sodium claim	0	200	150	100	310		
Canned green/yellow beans with sodium free claim	0	200	150	100	310		
Canned legumes	264	200	150	100	310	43	62
Canned legumes with low or no added sodium claim	16						
Canned mushrooms	351	200	150	100	310	57	72
Canned peas and carrots	276	200	150	100	310	46	64
Canned peas and carrots with low or no added sodium claim	11						
Canned potatoes	168	200	150	100	310	11	40
Canned tomatoes	228	200	150	100	310	34	56
Canned tomatoes with low or no added sodium claim	17						
Creamed corn	241	200	150	100	310	38	59
Mixed vegetables	287	200	150	100	310	48	65
<b>Vegetable juice and cocktail</b>	<b>236</b>	<b>220</b>	<b>200</b>	<b>180</b>	<b>330</b>	<b>15</b>	<b>24</b>
Vegetable juice and cocktail	256	220	200	180	330	22	30
Vegetable juice and cocktail with low or no added sodium claim	53						
<b>Sweet pickled vegetables</b>	<b>558</b>	<b>500</b>	<b>450</b>	<b>400</b>	<b>700</b>	<b>19</b>	<b>28</b>
Sweet pickled vegetables	558	500	450	400	700	19	28
<b>Tomato paste with additions</b>	<b>727</b>	<b>640</b>	<b>560</b>	<b>470</b>	<b>840</b>	<b>23</b>	<b>35</b>
Tomato paste with additions	838	640	560	470	840	33	44
Tomato paste with additions with low or no added sodium claim	90						
<b>Sour pickled vegetables</b>	<b>891</b>	<b>810</b>	<b>720</b>	<b>640</b>	<b>1040</b>	<b>19</b>	<b>28</b>
Peppers	994	810	720	640	1040	28	36
Sour pickled vegetables	888	810	720	640	1040	19	28
<b>Olives and sundried tomatoes</b>	<b>1227</b>	<b>1160</b>	<b>1020</b>	<b>880</b>	<b>1800</b>	<b>17</b>	<b>28</b>

Canned and bottled olives	1210	1160	1020	880	1800	16	27
Sundried tomatoes	1399	1160	1020	880	1800	27	37
<b>Stuffed olives</b>	<b>1801</b>	<b>1750</b>	<b>1680</b>	<b>1600</b>	<b>2000</b>	<b>7</b>	<b>11</b>
Stuffed olives	1801	1750	1680	1600	2000	7	11
<b>Plain tomato paste with no salt added</b>	<b>62</b>						
Tomato paste	65						
Tomato paste with low or no added sodium claim	59						
<b>Frozen potatoes</b>	<b>266</b>	<b>230</b>	<b>200</b>	<b>170</b>	<b>380</b>	<b>25</b>	<b>36</b>
Fries	234	230	200	170	380	15	27
Hash browns and potato patties	340	230	200	170	380	41	50
<b>Dry mashed or scalloped potatoes</b>	<b>376</b>	<b>350</b>	<b>320</b>	<b>290</b>	<b>440</b>	<b>15</b>	<b>23</b>
Potatoes mashed or scalloped as consumed	376	350	320	290	440	15	23
<b>Refrigerated prepared salads</b>	<b>318</b>	<b>290</b>	<b>260</b>	<b>220</b>	<b>390</b>	<b>18</b>	<b>31</b>
Coleslaw	191	290	260	220	390	-36	-15
Couscous/rice salad	459	290	260	220	390	43	52
Pasta salad	306	290	260	220	390	15	28
Potato salad	345	290	260	220	390	25	36
Vegetable salad	338	290	260	220	390	23	35
<b>NSRI</b>							
Frozen vegetables in sauce	343	310	260			24	
Canned vegetables	238	190	140			41	
Canned whole tomatoes	152	130	100			34	
Diced, crushed, and stewed tomatoes	289	250	190			34	
Vegetable juice	479 mg/ml	410 mg/ml	340 mg/ml			29	
Frozen and refrigerated potatoes	349	300	240			31	
Seasoned processed potatoes	1725	1470	1210			30	
<b>Canada</b>							
<b>Sweet oriental sauces</b>	<b>158</b>	<b>140</b>	<b>120</b>	<b>100</b>	<b>350</b>	<b>24</b>	<b>37</b>

Sweet oriental sauces	158	140	120	100	350	24	37
<b>Gravy, cooking sauces, dips, and salsa</b>	<b>637</b>	<b>570</b>	<b>480</b>	<b>400</b>	<b>670</b>	<b>25</b>	<b>37</b>
Dips and salsa	653	570	480	400	670	26	39
Dips and salsa with low or no added sodium claim	200						
Gravy and cooking sauces	639	570	480	400	670	25	37
Hummus and legume based dips	434	570	480	400	670	-11	8
Hummus and legume based dips with low or no added sodium claim	250						
<b>Condiments</b>	<b>1002</b>	<b>890</b>	<b>770</b>	<b>660</b>	<b>1400</b>	<b>23</b>	<b>34</b>
Condiments	1153	890	770	660	1400	33	43
Ketchup	939	890	770	660	1400	18	30
<b>Curry pastes</b>	<b>2023</b>	<b>1740</b>	<b>1520</b>	<b>1300</b>	<b>3300</b>	<b>25</b>	<b>36</b>
Curry pastes	2023	1740	1520	1300	3300	25	36
<b>Marinades</b>	<b>2755</b>	<b>2440</b>	<b>2120</b>	<b>1800</b>	<b>3000</b>	<b>23</b>	<b>35</b>
Marinades	2755	2440	2120	1800	3000	23	35
<b>Soya and other oriental sauces</b>	<b>3475</b>	<b>3100</b>	<b>2700</b>	<b>2300</b>	<b>4300</b>	<b>22</b>	<b>34</b>
Soya and other oriental sauces	3475	3100	2700	2300	4300	22	34
<b>Pasta sauce</b>	<b>461</b>	<b>410</b>	<b>360</b>	<b>320</b>	<b>520</b>	<b>22</b>	<b>31</b>
Cream sauce	563	410	360	320	520	36	43
Tomato-based pasta and pizza sauce	445	410	360	320	520	19	28
<b>Pesto</b>	<b>1094</b>	<b>990</b>	<b>880</b>	<b>770</b>	<b>1160</b>	<b>20</b>	<b>30</b>
Pesto	1094	990	880	770	1160	20	30
<b>Tomato sauce</b>	<b>386</b>	<b>380</b>	<b>300</b>	<b>250</b>	<b>490</b>	<b>22</b>	<b>35</b>
Tomato sauce	482	380	300	250	490	38	48
Tomato sauce with low or no added sodium claim	35						
<b>Nut butters</b>	<b>447</b>	<b>400</b>	<b>350</b>	<b>300</b>	<b>430</b>	<b>22</b>	<b>33</b>
Nut butters	448	400	350	300	430	22	33
Nut butters with low or no added sodium claim	375	400	350	300	430	7	20



<b>Unsalted nut butters</b>	<b>6</b>						
Unsalted nut butters	0						
Unsalted nut butters with low or no added sodium claim	0						
Unsalted nut butters with sodium free claim	27						
<b>Dry seasoning mixes</b>	<b>7281</b>	<b>6500</b>	<b>5800</b>	<b>5100</b>	<b>9100</b>	<b>20</b>	<b>30</b>
Popcorn seasoning	9094	6500	5800	5100	9100	36	44
Salad seasoning	5702	6500	5800	5100	9100	-2	11
Seasoning for side and main dishes	6160	6500	5800	5100	9100	6	17
Seasoning spices	9496	6500	5800	5100	9100	39	46
Seasoning spices with low or no added sodium claim	3914						
Seasoning spices with sodium free claim	0	6500	5800	5100	9100		
<b>Meat and fish seasoning</b>	<b>17521</b>	<b>17200</b>	<b>15000</b>	<b>12700</b>	<b>23000</b>	<b>14</b>	<b>28</b>
Meat and fish seasoning	19509	17200	15000	12700	23000	23	35
Meat and fish seasoning with sodium free claim	0	17200	15000	12700	23000		
Meat and fish seasoning with low or no added sodium claim	0	17200	15000	12700	23000		
<b>NSRI</b>							
Asian-style condiments	706 mg /tbsp	640mg /tbsp	560 mg /tbsp			21	
Nut butters	457	410	340			26	
Dry seasoning mixes	415 mg/ serving	350 mg/serving	290 mg/ serving			30	
<b>Canada</b>							
<b>Refrigerated or frozen appetizers/sides/entrees with a serving size of 170 grams or more</b>	<b>288</b>	<b>260</b>	<b>240</b>	<b>220</b>	<b>340</b>	<b>17</b>	<b>24</b>
Servings 170 to 285 grams	287	260	240	220	340	16	23

Servings greater than 285 grams	293	260	240	220	340	18	25
<b>Refrigerated or frozen appetizers/sides/entrees with a serving size less than 170 grams</b>	480	440	390	350	500	19	27
Servings less than 170 grams	480	440	390	350	500	19	27
<b>Pizza, pizza snacks, and frozen sandwiches</b>	589	520	460	400	610	22	32
Pizza without meat	534	520	460	400	610	14	25
Pizza snacks and frozen sandwiches without meat	595	520	460	400	610	23	33
Pizza with meat	598	520	460	400	610	23	33
Pizza snacks and frozen sandwiches with meat	602	520	460	400	610	24	34
<b>Canned chili</b>	303	280	250	220	330	17	27
Canned chili	303	280	250	220	330	17	27
<b>Baked and refried beans</b>	335	310	280	250	370	16	25
Baked and refried beans	335	310	280	250	370	16	25
<b>Shelf noodles, and rice or other grains with sauce or seasoned</b>	368	330	300	270	440	18	27
Canned and dry pasta and noodles with sauce as consumed	351	330	300	270	440	15	23
Canned and dry seasoned rice and grains as consumed	408	330	300	270	440	26	34
<b>Canned stew and meatballs</b>	503	470	440	410	630	13	18
Canned stew and meatballs	503	470	440	410	630	13	18
<b>Stuffing mixes</b>	530	520	510	500	630	4	6
Stuffing mixes as consumed	530	520	510	500	630	4	6
<b>Pudding</b>	130	110	100	80	150	23	38
Pudding as consumed	131	150	100	80	150	24	39
Pudding as consumed with low or no added sodium claim	106	150	100	80	150	6	25
<b>NSRI</b>							

Frozen entrees and sides < 6 oz per serving	<b>537</b>	<b>480</b>	<b>400</b>			<b>26</b>	
Frozen entrees and sides 6-10 oz per serving	<b>337</b>	<b>300</b>	<b>250</b>			<b>26</b>	
Frozen entrees and sides ≥10 oz per serving	<b>294</b>	<b>260</b>	<b>220</b>			<b>25</b>	
Refrigerated entrees and sides	<b>531</b>	<b>480</b>	<b>400</b>			<b>25</b>	
Major main entrée sauce	<b>442</b>	<b>400</b>	<b>330</b>			<b>25</b>	
Minor main entrée sauce	<b>550</b>	<b>500</b>	<b>410</b>			<b>25</b>	
Salsa, dips, and dipping sauce	<b>712</b>	<b>640</b>	<b>530</b>			<b>26</b>	
Barbecue sauce, ketchup, marinades, and steak sauce	<b>1081</b>	<b>1000</b>	<b>860</b>			<b>20</b>	
Frozen and refrigerated pizza	<b>558</b>	<b>500</b>	<b>450</b>			<b>19</b>	
Restaurant cheese pizza and cheese pizza base	<b>530</b>	<b>460</b>	<b>390</b>			<b>26</b>	
Restaurant chicken and fish sandwiches	<b>572</b>	<b>520</b>	<b>460</b>			<b>20</b>	
Restaurant sandwiches with ham and cured meat	<b>628</b>	<b>590</b>	<b>500</b>			<b>20</b>	
Restaurant sandwiches with luncheon meat (that do not contain ham or cured meat)	<b>503</b>	<b>480</b>	<b>430</b>			<b>15</b>	
Restaurant other sandwiches	<b>415</b>	<b>390</b>	<b>370</b>			<b>11</b>	
Restaurant breakfast sandwiches on a biscuit	<b>836</b>	<b>770</b>	<b>630</b>			<b>25</b>	
Restaurant breakfast sandwiches not on a biscuit	<b>657</b>	<b>560</b>	<b>520</b>			<b>21</b>	
Restaurant burritos	<b>601</b>	<b>510</b>	<b>450</b>			<b>25</b>	
Restaurant tacos	<b>464</b>	<b>410</b>	<b>350</b>			<b>25</b>	
Canned chili, pasta, and hash	<b>377</b>	<b>340</b>	<b>280</b>			<b>26</b>	
Seasoned grain mixes	<b>837 mg/cup</b>	<b>750 mg/cup</b>	<b>630 mg/cup</b>			<b>25</b>	
Baked beans	<b>408</b>	<b>370</b>	<b>310</b>			<b>24</b>	

Canned beans	337	290	240			29	
Restaurant French fries	347	290	240			31	
Restaurant fried potatoes & onion rings	518	460	380			27	
<b>Canada</b>							
<b>Cookies, biscuits, and snack bars</b>	247	220	190	160	320	23	35
Cookies, biscuits, and snack bars	250	220	190	160	320	24	36
Cookies, biscuits, and snack bars with low or no added sodium claim	10						
<b>Toddler mixed dishes</b>	215	210	200	190	240	7	12
Toddler mixed dishes	215	210	200	190	240	7	12
<b>Savory snacks</b>	714	610	500	400	540	30	44
Savory snacks	714	610	500	400	540	30	44

<sup>a</sup> excluding the food categories in Table 1. Data sources are [http://www.hc-sc.gc.ca/fn-an/legislation/guide-ld/2012-sodium-reduction-indust\\_data\\_table-eng.php](http://www.hc-sc.gc.ca/fn-an/legislation/guide-ld/2012-sodium-reduction-indust_data_table-eng.php) and <http://www.nyc.gov/html/doh/downloads/pdf/cardio/cardio-salt-nsri-restaurant.pdf>