

Sodium Information for Meals on Wheels Kitsap Clients

The information provided below is intended to assist you in making wise choices regarding the sodium content of the Meals on Wheels Kitsap meals that you eat. Seniors, especially those with high blood pressure, should pay attention to the amount of sodium consumed.

Milligrams of sodium per one serving of item:

Item Type	0-100mg	100-200mg	200-300mg	300-400mg	400-500mg	500-600mg	600+mg
Beef Entrees	Beef Patty	Gourmet Beef Burger (w/o bun)	Meatballs Stroganoff	Beef Pot Pie Beef Stroganoff	Beef Enchiladas Cold Roast Beef	Chili Chili Macaroni	BBQ Meatballs - 643 Beef Lasagna - 673
			Beef Stew Meatballs (plain)	Hungarian Goulash Meatloaf Shepherd's Pie Swedish Meatballs	Sandwich on WW	Franks & Beans Gourmet Cheeseburger (w/o bun) Salisbury Steak Sloppy Joe	Cabbage Roll - 1010 Corned Beef - 964 Hot Roast Beef Sandwich on WW - 624 Spaghetti with Meatsauce - 637 Stuffed Green Pepper - 990 Teriyaki Meatballs - 742
Chicken Entrees	Chicken Fajita Baked Chicken Honey Lemon Chicken Mardi Gras Chicken	Chicken A la King Chicken Gumbo Chicken Rice Casserole Orange Glazed Chicken	Fiesta Chicken Sweet & Sour Chicken	Chicken Enchilada Chicken Marinara Grilled Chicken Sandwich on WW Bun Teriyaki Chicken	BBQ Chicken Chicken Carbonara Chicken Divan Chicken Noodle Bake Chicken Patty or Nuggets (breaded)	Chicken Alfredo Chicken Strips	
Turkey Entrees		Meatballs Cranberry-Glzd Meatballs		Turkey A la King	Turkey Rice Casserole	Turkey Slice (3 oz) Turkey Tetrazzini	Cold Turkey Sandwich - 980 Heartland Turkey Cass - 757 Hot Turkey Sandwich w/ Mashed Potatoes on WW - 1057 Turkey Broccoli Pie - 651 Turkey Ham - 947 Turkey Noodle Bake - 788 Turkey Pot Pie - 769

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Pork Entrees	Hawaiian Pork Roast Pork	Pork Stew	Pork Adobo Scalloped Potatoes w/Ham Sweet & Sour Pork	Pork Chow Mein Pork Pancit	BBQ Pork BBQ Ribs Ham-Potato Bake Cold Pork Sandwich	BLT Half Sandwich Breakfast Casserole Ham & Limas Pork Patty (breaded) Pork Chop Suey	8 Bean Casserole with Ham - 732 Mac & Cheese w/Ham - 644 Ham Slice - 982
						Pork Mushroom Noodle Bake	Pork & Veg Fried Rice - 679 Pork & Veg Stir Fry - 734
Seafood Entrees	Baked Fish Almondine Baked Whitefish Fillet	Cajun Baked Fish Creole Fish Fish Florentine Tuna Rice Casserole	Breaded Fish Portion Salmon Fillet Seafood Rice Casserole Tuna Noodle Casserole	Fish Taco		Seafood Fettuccini Fish Sandwich on WW with Tartar Sauce	
Egg, Cheese, and Vegetarian Entrees			Baked Ziti Broccoli Cheddar Quiche Pasta Primavera	Four Cheese Quiche Mac & Cheese Mushroom Spinach Ham Quiche Mushroom Swiss Quiche Potato Cheddar Quiche Tomato Basil Quiche	8 Bean Casserole	Breakfast Casserole Stuffed Potato Egg Salad. Sandwich	Lasagna - 799 Veggie Lasagna - 850

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Entrée Salads		Chicken Salad	Chicken Salad Pita Pocket Chinese Chicken Ramen Salad Tuna salad	Taco Salad Chicken Salad Sandwich Tuna Salad Pita Pocket	Tuna Salad Sandwich Turkey Chef's Salad		
Breads	Raisin Bread Tortilla Chips	Mixed Grain Bread or Hamburger Bun Oyster Crackers Pita Bread Half Whole Wheat Bread or Roll	Corn Bread Nine Grain Bread Rye Bread Tortilla Whole Wheat Hamburger Bun		Biscuit		
Starches	Baked Potato Half Barley Corn, Whole Hash Browns Noodles Potato Wedges Quinoa Red Potatoes Rice, White or Brown Rice Pilafs Sweet Potatoes Sweet Potato Fries Wild Rice Pilaf	Hominy Mashed Potatoes Pasta Primavera Spanish Rice Scalloped Potatoes Veggie Fried Rice	Apple Bread Stuffing Black Beans and Rice Scalloped Potatoes Tater Tots	Baked Beans Creamed Corn		Stuffed Potato	

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Vegetables	Vegetables not listed elsewhere	Beets Green Bean Casserole Glazed Carrots Hominy	Black Beans-Corn-Peppers Harvard Beets Stewed Tomatoes Stewed Tomatoes w/Macaroni	Baked Beans Creamed Corn		Refried Beans	Club Spinach - 605
Soups	Barley Beef Barley	Chicken Vegetable	Beef Vegetable Zesty Bean	Turkey Vegetable			
	Minestrone Vegetarian Split Pea	Clam Chowder Lentil Vegetable Mulligatawny Pumpkin Split Pea with Ham Vegetable		Vegetarian Zesty Bean			
Fruits	Fruit Juices Fruits not listed elsewhere	Waldorf Salad					
Salads	All Fruit Salads not mentioned elsewhere Black-eyed Pea Corn Garden Salad Macaroni Marinated Green Bean Marinated Vegetable Orange Poppy Seed Rainbow Pasta	Apple Slaw Beet-Onion Carrot-Date Carrot-Pineapple Carrot-Raisin Coleslaw Four Bean German Coleslaw Italian Pasta Tomato-Onion Waldorf Salad	Broccoli Hearty Salad Tomato-Zucchini	Pea-Cheese			

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Salad Dressings	Balsamic Vinegar	Thousand Island Ranch Buttermilk	FF French	FF Honey Mustard			
Desserts	Chocolate Chip Cookie Fortune Cookie Ice Milk (SF) Oatmeal Raisin Bar Sherbet Strawberry Sundae Whipped Topping Yogurt with Strawberries	Bread Pudding Brownie Peach Cobbler Oatmeal Fruit Bar Oatmeal Raisin Cookie Peanut Butter Cookie Sugar Cookie	Cake (no icing) Coconut Pudding Gingerbread Strawberry Shortcake Tapioca Raisin Molasses Bar	Butterscotch Pudding (SF) Chocolate Pudding (SF) Pumpkin Pie Vanilla Pudding (SF)			
Milk		1% Milk					
Miscellaneous	Margarine Cherry Sauce Pineapple Sauce Raisin Sauce Cranberry Glaze	Brown Gravy	Turkey Gravy	Mushroom Sauce Pork Gravy Cottage Cheese	Marinara Sauce		

