

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 Beef Tenderloin	Gourmet Beef Burger (w/o bun) Beef Stew	Meatballs Stroganoff Meatballs (plain)	Beef Pot Pie Beef Stroganoff Hungarian Goulash Meatloaf Roast Beef Shepherd's Pie Swedish Meatballs	Beef Enchiladas Chili Chili Macaroni Cold Roast Beef Sandwich on WW Salisbury Steak Sloppy Joe	Gourmet Cheeseburger (w/o bun)	BBQ Meatballs - 637 Beef Lasagna – 662 Cabbage Roll - 1010 Corned Beef - 964 Hot Roast Beef Sandwich on WW - 624 Spaghetti with Meat Sauce - 786 Teriyaki Meatballs - 742
Chicken Entrees	Chicken Fajita Casserole	Chicken A la King Chicken Gumbo Chicken Rice Casserole Orange Glazed Chicken Roasted Chicken Honey Lemon Chicken Mardi Gras 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	Chicken Cordon Bleu - 710
Turkey Entrees	Meatballs	Cranberry-Glzd Meatballs	Turkey Porcupine Meatballs		Turkey Rice Casserole	Turkey A la King Turkey Slice (3 oz) Turkey Tetrazzini	Cold Turkey Sandwich - 930 Heartland Turkey Cass - 757 Hot Turkey Sandwich w/ Mashed Potatoes on WW - 1057 Turkey Broccoli Pie – 660 Turkey Ham - 947 Turkey Noodle Bake – 788 Turkey Pot Pie – 837

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Pork Entrees	Braised Spare Ribs 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 Pork Mushroom Noodle Bake	8 Bean Casserole with Ham – 706 BLT Sandwich – 917 Mac& Cheese w/Ham - 644 Ham Slice - 982 Pork Fried Rice - 787 Pork & Veg Fried Rice - 679 Pork & Veg Stir Fry - 734
Seafood Entrees	Baked Fish Almondine Baked Whitefish Fillet	Creole Fish Fish Florentine Tuna Rice Casserole	Breaded Fish Portion Cajun Baked Fish Salmon Fillet Seafood Rice Casserole Tuna Noodle Casserole		Fish Nuggets Fish Taco	Seafood Fettuccini Fish Sandwich on WW with Tartar Sauce	
Egg, Cheese, and Vegetarian Entrees			Baked Ziti Pasta Primavera Stuffed Potato w/Mixed Veggies and White Sauce	Mac & Cheese Quiche	8 Bean Casserole	Breakfast Casserole Stuffed Potato w/Broccoli and Cheese Egg Salad Sandwich	Veggie Lasagna - 850

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

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

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Salad Dressings	Homemade Balsamic Vinegar Homemade Vinaigrette	Mayonnaise	FF French Ranch Buttermilk Thousand Island	FF Honey Mustard			
Desserts	Chocolate Chip Cookie Fortune Cookie Ice Milk (SF) Sherbet Strawberry Sundae Whipped Topping Yogurt with Strawberries Coconut Pudding Gelatin Salad	Bread Pudding Brownie Peach Cobbler Oatmeal Fruit Bar Oatmeal Raisin Bar Oatmeal Raisin Cookie Peanut Butter Cookie Sugar Cookie	Gingerbread Strawberry Shortcake Tapioca Raisin Molasses Bar	Pumpkin Pie Chocolate Pudding	Apple Pie		
Milk		1% Milk					
Miscellaneous	Butter Cherry Sauce Cranberry Sauce/Glaze Cream Sauce Honey Lemon Sauce Orange Sauce Pineapple Sauce Raisin Sauce Salsa	Brown Gravy Chicken Gravy Creole Sauce Tartar Sauce	Pesto Sauce Sweet&Sour Sauce Teriyaki Sauce White Sauce Marinara Sauce (2 oz)	Barbecue Sauce Cottage Cheese Mushroom Sauce/Gravy Pork Gravy Turkey Gravy		Cheese Sauce Soy Sauce	