

## ADJUSTING SODIUM IN RECIPES

FOOD ITEM	MEASURE	SODIUM MG PER MEASURE	SODIUM MG PER 50 SERVINGS	SODIUM MG PER 100 SERVINGS
Table Salt	1 tsp	2,325 mg	47 mg	24 mg
	1 Tbsp	6,975 mg	140 mg	70 mg
	2 Tbsps	13,950 mg	280 mg	140 mg
	1/4 cup	27,900 mg	558 mg	279 mg
	1/2 cup	55,800 mg	1116 mg	558 mg
	3/4 cup	83,700 mg	1674 mg	837 mg
Low Sodium Beef Base	1 cup	111,600 mg	2232 mg	1116 mg
	1 Tbsp	429 mg	10 mg	5 mg
	1/4 cup	1,717 mg	36 mg	18 mg
	1/2 cup	3,434 mg	70 mg	35 mg
Low Sodium Chicken Base	3/4 cup	5,151 mg	102 mg	51 mg
	1 cup	6,868 mg	168 mg	69 mg
	1 Tbsp	257 mg	6 mg	3 mg
Low Sodium Bacon Base	1/4 cup	1,026 mg	22 mg	11 mg
	1/2 cup	2,052 mg	42 mg	21 mg
	3/4 cup	3,078 mg	62 mg	31 mg
	1 cup	4,104 mg	82 mg	42 mg
Low Sodium Bacon Base	1 Tbsp	323 mg	8 mg	4 mg
	1/4 cup	1,607 mg	34 mg	17 mg
	1/2 cup	3,214 mg	66 mg	33 mg
	3/4 cup	4,821 mg	98 mg	49 mg
	1 cup	6,428 mg	130 mg	65 mg

One of the major sources of sodium in food is salt. This table lists milligrams (mg) of sodium for common measures of table salt and of the low sodium bases.

**COLUMN 1**

common ingredients that contain sodium

**COLUMN 2**

common measures used in food service

**COLUMN 3**

milligrams of sodium for each common measure

**COLUMN 4**

milligrams of sodium that would be added to a recipe if that measure was added to a recipe for 50 servings

**COLUMN 5**

milligrams of sodium that would be added to a recipe if that measure was added to a recipe for 100 servings

**For example:**

If two tablespoons of salt were added to a recipe that makes 100 servings, the amount of sodium increases by 140 milligrams of sodium per serving.

If salt or bases are added to a recipe, the nutritional analysis of that recipe has to be recalculated.

*Numbers in table have been rounded up.*