



VESTIBULAR

DISORDERS ASSOCIATION

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Sodium Quiz

Some foods are surprisingly high in sodium content. Can you guess which store bought foods have more sodium? (See answers below)

1. 1 hotdog *or* 1 cup vegetable juice cocktail?
2. 1 (4 oz.) fast-food hamburger *or* 3 oz. smoked salmon?
3. 2 slices of salami *or* 1 cup low-fat chicken noodle soup (from can)?
4. 1 cup chocolate pudding *or* chocolate fudge (1 oz.)?
5. 1 whole wheat English muffin *or* 3 oz. tuna?
6. 3 oz. corned beef *or* 1 cup cottage cheese?
7. 1 slice of apple pie *or* 20 potato chips?
8. 1 cup tomato sauce (canned) *or* 1 dill pickle?
9. 1 cup mixed vegetables (frozen) *or* 2 shortbread cookies?
10. 1 cup salted peanuts *or* 1 cup parmesan cheese?

Answers

- 1.) hotdog=504mg/sodium, **vegetable juice cocktail= 883 mg/sodium**
- 2.) fast food hamburger=763mg/sodium, **3 oz. smoked salmon=1700mg/sodium**
- 3.) **1 cup low-fat chicken soup=1106mg/sodium**, 2 slices salami=607mg/sodium
- 4.) **1 cup chocolate pudding=880mg/sodium**, 1 oz. chocolate fudge=54mg/sodium
- 5.) **3 oz. tuna=468mg/sodium**, 1 whole wheat English muffin=378mg/sodium
- 6.) 3 oz. corned beef=802mg/sodium, **1 cup cottage cheese=911mg/sodium**
- 7.) **1 slice apple pie=476mg/sodium**, 20 potato chips=188mg/sodium
- 8.) **1 cup canned tomato sauce=1482mg/sodium**, 1 dill pickle=928mg/sodium
- 9.) 1 cup mixed frozen vegetables=64mg/sodium, **2 shortbread cookies=300mg/sodium**
- 10.) 1 cup salted peanuts=626mg/sodium, **1 cup parmesan cheese=1861mg/sodium**

Source of Sodium levels: Meniere's disease: Understanding Your Inner Ear Problem. Anil K. Lalwani, MD, John W. Engstrom, MD. 1999 The StayWell Company, San Bruno, CA.

DID YOU KNOW?

According to a 2009 Center for Disease Control (CDC) study, 50 percent or more of products sold in most food categories in the United States exceed the sodium-per-serving conditions for a "healthy" food.

For Meniere's, Endolymphatic Hydrops (Secondary Meniere's) and Vestibular Migraine patients who are following a low-sodium diet, be sure to check labels and eat fresh (non-packaged) foods as much as possible.



**EAT FRESH FOR BETTER
VESTIBULAR HEALTH**