

Top 10 Sodium Sources
People Aged 2-19 Years



1. Pizza

2. Breads & Rolls



3. Poultry

4. Cold Cuts & Cured Meats



5. Sandwiches

6. Savory Snacks



7. Soups

8. Cheese



9. Mixed Pasta Dishes

10. Frankfurters & Sausage

