Top Sources and Average Intakes of Sodium: U.S. Population Ages 1 and Older

**Sodium**
Average Intake: 3,393 mg/day

**Sandwiches**
21%
- Other Sources
- Chickens & Turkey Sandwiches
- Breakfast Sandwiches
- Other Sources

**Rice, Pasta & Other Grain-Based Mixed Dishes**
8%
- Other Sources
- Other Mexican Dishes, Excludes Tacos & Burritos
- Pasta Mixed Dishes, Excludes Macaroni & Cheese

**Meat, Poultry & Seafood Mixed Dishes**
5%
- Other Sources

**Vegetables, Excluding Starchy**
7%
- Other Sources

**Soups**
4%
- Other Sources

**Yeast Breads & Tortillas**
3%
- Other Sources

**Dips & Gravies**
3%
- Other Sources

**Breakfast Cereals & Bars**
3%
- Other Sources

**Starchy Vegetables**
4%
- Other Sources

**Lettuce**
3%
- Other Sources

**Other Sources**
19%
- Other Sources

**Data Source:** Analysis of What We Eat in America, NHANES, 2013-2016, ages 1 and older, 2 days dietary intake data, weighted.