



FDA Food Categories and Voluntary Targets

Appendix Table 1.

Voluntary Sodium Reduction Goals: Phase II Target Mean and Upper Bound Concentrations for Sodium in Commercially Processed, Packaged, and Prepared Foods (Edition 2)

Table 1 summarizes the results of our analysis of the sodium content of the food supply in 2022 and identifies Phase II (3-year) targets for both the mean (average) and upper bound sodium concentrations for a wide variety of food categories. These sodium concentration goals were informed by the distribution of sodium amounts in current packaged food products and menu items, as well as by publicly available information about the formulation of reduced-sodium foods.

These voluntary sodium concentration goals are intended to balance the need for broad and gradual reductions in sodium with what is publicly known about technical and market constraints on reduction and reformulation, to address public comments, and to promote continued discussion on sodium reduction opportunities that will support increased food choices for consumers seeking a more diverse diet that is consistent with public health goals.

The goals are applicable to all products commercially processed, packaged, and prepared by industry (including food service establishments), regardless of whether they are sold directly to consumers, other manufacturers, or to food service establishments (restaurants and other food service establishments). Unless otherwise noted, each category includes all relevant food items containing added sodium sold in the United States. Please refer to FDA's Voluntary Sodium Reduction Goals Supplementary Memorandum to the Draft Guidance to review information on our approach to establishing these goals (targets and upper bounds). Table 1 contains four key elements:

- 1) **Food Categories:** FDA organized foods on the basis of: contribution to sodium intake, the amount of sodium added to (rather than naturally occurring in) the food, similar functional roles for sodium-containing ingredients, similar technical potential for reduction in sodium content, and compatibility with existing industry and regulatory categories. Food categories with potential for meaningful sodium reduction received voluntary targets, whereas other foods (such as those without added sodium or that are infrequently consumed) did not.
- 2) **Baseline Sodium Concentrations:** FDA determined baseline levels of sodium in each food category using food label data and restaurant nutrition data¹. These serve as a starting point for measuring sodium levels in the food supply and for crediting companies on the sodium



reduction progress already made. FDA weighted the sodium values of each food by sales volume for packaged foods and total annual restaurant sales for restaurant foods to establish baselines that are more representative of the sodium in the food supply. This allows for more popular products to have a greater influence on the category average.

- 3) **Target Mean Sodium Concentrations:** The target mean sodium concentrations indicate the voluntary sales-weighted average sodium concentration in each category. These targets apply to their respective food categories in the entirety of the food supply and not necessarily to any one manufacturer’s particular product portfolio, although they can be used as a tool for manufacturers to evaluate their own progress toward meaningful reduction.
- 4) **Upper Bound Sodium Concentrations:** The upper bound could be applied to every individual product in any category. This contrasts with target mean concentrations, which apply to each food category as a whole, rather than an individual food item.

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Table 1.01. Dairy

Food Category ID P=Packaged R=Restaurant	Food Category Name ²	Food Category Description	2022 Baselines ³ Sample Size ⁴ Number of products /items	2022 Baselines ³ Sample Size ⁵ Number of restaurants (restaurant categories only)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Upper Bound ⁷ (mg sodium per 100g)
1	Cottage Cheese	Cottage cheese. Includes cottage cheese with additions (e.g. fruit, herbs). Includes farmer cheese, excluding Amish farmer's cheese. Plant-Based Products Marketed as Cheese Alternatives are excluded (see 15).	97	-	351	310	410
2	Cream Cheese	Cream cheese, neufchatel cheese, and soft goat cheese (chevre). Includes flavored cream cheese (e.g. strawberry cream cheese) and cream cheese with additions (e.g. fruit, herbs). Includes both whipped and brick cream cheeses. Excludes other cheeses made from goat's milk (e.g. brie or feta made with goat's milk), but includes goat labneh cheese. (see 3, 5).	14	-	401	380	450
3	Brie Cheese	Brie and similar mold-ripened cheeses. Examples include camembert, Port Salut, Brillat Savarin, and Caprice. Includes brie cheeses made from goat and sheep's milk.	26	-	636	600	710
4-P	Pasta Filata Cheese	Pasta filata cheeses. Examples include mozzarella, provolone, and scamorza. Includes sliced, shredded, and block/chunk products. Includes string cheese products. Excludes fresh mozzarella.	73	-	670	670	790
4-R	Pasta Filata Cheese	Pasta filata cheeses. Examples include mozzarella, provolone, and scamorza. Includes sliced, shredded, and block/chunk products. Excludes fresh mozzarella.	15	6	785	670	860
5	Feta Cheese	Feta cheeses. Includes feta cheeses with additions (e.g. herbs, dried tomatoes). Includes chunk and crumbled feta cheeses. Includes akawi cheese and feta cheeses made from goat and sheep's milk.	30	-	1097	1080	1290
6	Soft Hispanic Cheese	Soft, fresh Hispanic cheeses. Examples include Queso Blanco, Queso Fresco, Queso Panela, and Queso Para Freir. Excludes Requeson.	31	-	677	670	780
7	Blue Cheese	Blue cheese and other cheeses containing the bluish-green mold <i>Penicillium roquefortii</i> . Examples include gorgonzola, amish blue, Danish blue, roquefort, and stilton.	35	-	1186	1180	1410
8	Gouda and Edam Cheese	Gouda and edam cheeses. Includes sliced, shredded, and block/chunk products. Includes miniature snack varieties.	21	-	712	710	840
9-P	Monterey Jack and Other Semi-Soft Cheese	Monterey jack and other semi-soft cheeses. Examples include muenster, pepper jack, havarti, and fontina. Includes sliced, shredded, and block/chunk products. Includes cheeses made from goat and sheep's milk.	55	-	665	660	750
9-R	Monterey Jack and Other Semi-Soft Cheese	Monterey jack and other semi-soft cheeses. Examples include muenster, pepper jack, havarti, and fontina. Includes sliced, shredded, and block/chunk products. Includes cheeses made from goat and sheep's milk.	11	6	761	660	930
10-P	Cheddar and Colby Cheese	Cheddar and Colby cheeses. Includes both sharp and mild varieties of cheddar cheese. Includes sliced, shredded, and block/chunk products.	199	-	671	620	760

Food Category ID P=Packaged R=Restaurant	Food Category Name ²	Food Category Description	2022 Baselines ³ Sample Size ⁴ Number of products /items	2022 Baselines ³ Sample Size ⁵ Number of restaurants (restaurant categories only)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Upper Bound ⁷ (mg sodium per 100g)
10-R	Cheddar and Colby Cheese	Cheddar and Colby cheeses. Includes both sharp and mild varieties of cheddar cheese. Includes sliced, shredded, and block/chunk products.	11	10	627	600	670
11-P	Parmesan and Other Hard Cheese	Parmesan, Romano, asiago, and similar hard cheeses. Includes Hispanic hard cheeses (e.g. Cotija).	65	-	1357	1350	1680
11-R	Parmesan and Other Hard Cheese	Parmesan, Romano, asiago, and similar hard cheeses. Includes Hispanic hard cheeses (e.g. Cotija).	13	11	1601	1350	2160
12-P	Swiss Cheese	Swiss and Swiss-type cheeses. Examples include baby Swiss, lacy Swiss, Emmentaler, gruyere, and Jarlsberg. Includes sliced, shredded, and block/chunk products.	25	-	263	260	320
12-R	Swiss Cheese	Swiss and Swiss-type cheeses. Examples include baby Swiss, lacy Swiss, Emmentaler, gruyere, and Jarlsberg. Includes sliced, shredded, and block/chunk products.	6	6	280	260	390
13	Cheese Spreads	Cheese spreads and other spreadable cheeses. Includes pasteurized cheese spreads and pasteurized process cheese spreads. Includes pimento cheese. Includes wedges, balls, and spreads in tubs. Excludes cream cheese (see 2) and aerosol can products (see 14).	72	-	750	680	870
14-P	Process Cheese/Cheese Food	Pasteurized process cheese and cheese food. Includes sliced (e.g. American), shredded, and block/chunk products. Includes aerosol can cheeses. Excludes cheese spreads (see 13) and plant-based products marketed as cheese alternatives (see 15).	23	-	1303	1200	1480
14-R	Process Cheese/Cheese Food	Pasteurized process cheese and cheese food. Includes sliced (e.g. American), shredded, and block/chunk products. Includes aerosol can cheeses. Excludes cheese spreads (see 13) and plant-based products marketed as cheese alternatives (see 15).	16	13	1694	1200	1690
15	Plant-Based Products Marketed as Cheese Alternatives	Plant-based products marketed as cheese alternatives. Examples include soy-based, nut-based, and rice-based products. Includes sliced, shredded, and block/chunk products.	41	-	859	730	970

Table 1.02. Fats, Oils, and Dressings

Food Category ID P=Packaged R=Restaurant	Food Category Name²	Food Category Description	2022 Baselines³ Sample Size⁴ Number of products /items	2022 Baselines³ Sample Size⁵ Number of restaurants (restaurant categories only)	Phase II (3-year) Sales Weighted Mean⁶ (mg sodium per 100g)	Phase II (3-year) Sales Weighted Mean⁶ (mg sodium per 100g)	Phase II (3-year) Upper Bound⁷ (mg sodium per 100g)
16 - P	Butter	Regular and light salted butter in stick and whipped form. Includes finishing/infused butters and other flavored butters. Excludes butter blends (see 17).	18	-	654	620	710
16 - R	Butter	Salted butter. Includes finishing/infused butters and other flavored butters (e.g. honey butter). Includes melted butter. Excludes butter blends (see 17).	10	5	874	620	940
17	Margarine	Regular and light margarine and vegetable oil sticks and spreads. Includes butter blends, flavored products, and sprays.	27	-	733	600	770
18 - P	Salad Dressing ⁸	Refrigerated and shelf stable salad dressings. Includes both vinegar and oil dressings and creamy dressings. Excludes salad dressing dry mixes (see 61).	143	-	762	550	790
18 - R	Salad Dressing ⁹	Salad dressings. Includes both vinegar and oil dressings and creamy dressings. Includes ranch and blue cheese dipping sauces.	223	33	845	550	870

Table 1.03. Fruits, Vegetables, and Legumes

Food Category ID P=Packaged R=Restaurant	Food Category Name²	Food Category Description	2022 Baselines³ Sample Size⁴ Number of products /items	2022 Baselines³ Sample Size⁵ Number of restaurants (restaurant categories only)	Phase II (3-year) Sales Weighted Mean⁶ (mg sodium per 100g)	Phase II (3-year) Sales Weighted Mean⁶ (mg sodium per 100g)	Phase II (3-year) Upper Bound⁷ (mg sodium per 100g)
19	Shelf Stable Vegetables	Shelf stable seasoned vegetables and legumes. Includes products that are marinated, creamed, and in sauce. Includes shelf stable tomatoes, potatoes, and corn. Includes refried beans. Excludes pastes, purees, and dried vegetables. Excludes pickles (see 29 - P), baked beans (see 139), and other pickled vegetables. Excludes products with meat (e.g. beans with ham) (see 139).	304	-	289	260	340
20	Vegetables - Not Breaded	Frozen vegetables and legumes with sauce and/or seasoning. Examples include broccoli in cheese sauce and salted mixed vegetables. Includes microwaveable roasted potatoes in sauce. Excludes other frozen potatoes (see 22, 27 - P).	62	-	317	190	320
21 - P	Vegetables - Breaded	Frozen breaded and/or battered vegetables and legumes. Examples include onion rings, breaded okra, breaded green beans, and battered mushrooms. Excludes breaded, stuffed jalapenos (see 154).	20	-	505	380	580
21 - R	Vegetables - Breaded	Breaded and/or battered vegetables and legumes. Examples include onion rings, breaded okra, breaded green beans, and battered mushrooms. Items may be served with sauce or condiments. Excludes breaded, cheese-stuffed jalapenos (see 156 - R).	39	17	703	380	710
22	Packaged French Fries, Hash Browns and Tater Tots	Frozen and refrigerated seasoned French fries, hash browns, and tater tots. Includes seasoned potato wedges, home fries, and potato patties.	33	-	438	320	470
23 - R	Fried Potatoes without Toppings	Seasoned fried potatoes without toppings or additions. Examples include French fries, curly fries, waffle fries, wedge fries, home fries, and breakfast potatoes. Includes sweet potato fries and fries sprinkled with parmesan.	66	32	393	260	500
24 - R	Fried Potatoes with Toppings	Seasoned fried potatoes with toppings and/or additions. Examples include French fries, curly fries, waffle fries, wedge fries, home fries, and breakfast potatoes. Includes sweet potato fries. Toppings and additions include chili, melted or shredded cheese, and meat (e.g. bacon, beef).	23	7	510	370	540
25 - R	Hash Browns and Tater Tots	Hash browns and tater tots. Includes hash browns and tater tots with toppings and/or additions (e.g. cheese, chili, gravy).	27	17	575	390	600
26 - R	Mashed Potatoes	Seasoned mashed potatoes without toppings or additions. Includes flavored mashed potatoes (e.g. white cheddar mashed potatoes, garlic mashed potatoes). Excludes mashed potatoes with toppings or additions (see 27 - R).	10	8	315	280	470

Food Category ID P=Packaged R=Restaurant	Food Category Name ²	Food Category Description	2022 Baselines ³ Sample Size ⁴ Number of products /items	2022 Baselines ³ Sample Size ⁵ Number of restaurants (restaurant categories only)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Upper Bound ⁷ (mg sodium per 100g)
27 - P	Potato Side Dishes	Frozen and refrigerated potato side dishes. Examples include mashed potatoes, stuffed potatoes, scalloped potatoes, and potato casseroles. Includes sweet potato products. Excludes French fries and similar products (see 22).	16	-	351	240	330
27 - R	Potato Side Dishes	Potato side dishes. Examples include mashed potatoes with additions and/or toppings, loaded baked potatoes, potato casseroles, and au gratin potatoes. Includes sweet potato dishes. Excludes mashed potatoes without toppings or additions (see 27 - R). Excludes plain potatoes with only toppings or additions that are not targeted (e.g. potato with sour cream or chives).	24	10	361	240	410
28	Instant Potatoes	Seasoned, dehydrated potato products that are to be reconstituted with ingredients such as water or milk before eating. Examples include butter-flavored or cheesy mashed potatoes, scalloped potatoes, and potato pancakes. Excludes products that are not seasoned (e.g. plain instant mashed potatoes). Data provided in dry mix form ("as packaged").	23	-	1758	1350	1910
29 - P	Pickles	Shelf stable and refrigerated pickled cucumbers. Examples include dill pickles, gherkins, sweet pickles, and hot and spicy pickles. Excludes other pickled vegetables (e.g. peppers, beets, okra). Excludes mixes products that contain more than pickles (pickled garden mixes). Excludes relish and other pureed or mashed pickles.	97	-	1036	640	1080
29 - R	Pickles	Pickled cucumbers. Examples include dill pickles, sweet pickles, and kosher pickles. Excludes other pickled vegetables (e.g. peppers, beets). Excludes relish.	12	9	1150	640	1080
30	Sauerkraut	Shelf stable and refrigerated sauerkraut. Includes all styles (e.g. traditional, Bavarian, fancy).	33	-	643	500	660
31 - P	Olives without Additions	Shelf stable and refrigerated olives that are neither stuffed nor come with additions (e.g. pimentos, capers, peppers). Includes olive spreads/pastes (e.g. tapenade) and olives packed in wine, vermouth, or vodka. Excludes products packed in oil or sauce (see 32).	51	-	894	680	890
31 - R	Olives without Additions	Olives that are neither stuffed nor come with additions. Examples include black olives, green olives, and Kalamata olives. Includes olives usually served as a topping on pizzas, sandwiches, or salads.	10	6	1036	680	1260
32	Olives with Additions	Shelf stable and refrigerated olives that are stuffed and/or come with additions (e.g. pimentos, capers, peppers). Includes products packed in oil or sauce. Excludes olives packed in wine, vermouth, or vodka (see 31 - P).	73	-	1696	1480	1990
33	Vegetable Juice ⁸	Vegetable-based juices, drinks, and cocktails containing added seasoning. Examples include tomato juices, reconstituted vegetable juice blends, and carrot-based drinks. Includes health drinks, vegetable shots, and other similar products.	17	-	240	180	260

Table 1.04. Nuts and Seeds

Food Category ID P=Packaged R=Restaurant	Food Category Name ²	Food Category Description	2022 Baselines ³ Sample Size ⁴ Number of products /items	2022 Baselines ³ Sample Size ⁵ Number of restaurants (restaurant categories only)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Upper Bound ⁷ (mg sodium per 100g)
34	Nuts and Seeds - In Shell	Seasoned nuts and seeds sold in-shell. Examples include in-shell peanuts, pistachios, and sunflower seeds. Excludes pumpkin and squash seeds, and nuts mixed with other snacks (see 119). Includes mixed nuts. Data provided in shelled form (without shell).	37	-	712	490	890
35-P	Nuts and Seeds - Not in Shell	Seasoned nuts and seeds sold with no shell (e.g. "shelled", "hulled"). Examples include shelled peanuts, shelled cashews, shelled almonds, sunflower kernels, and pumpkin kernels. Pumpkin and squash seeds, regardless of shell, are found in this category. Includes both snack nuts and baking nuts, if seasoned. Includes mixed nuts. Excludes soy nuts, corn nuts, and edamame.	154	-	425	300	460
35-R	Nuts and Seeds - Not in Shell	Seasoned nuts and seeds sold with no shell (e.g. "shelled", "hulled"). Examples include shelled peanuts, shelled cashews, shelled almonds, sunflower kernels, and pumpkin kernels. Pumpkin and squash seeds, regardless of shell, are found in this category. Includes both snack nuts and baking nuts, if seasoned. Includes mixed nuts. Excludes soy nuts, corn nuts, and edamame.	10	5	370	300	380
36	Nut and Seed Butters	Nut and seed butters. Examples include peanut butter, almond butter, and sunflower seed spread. Includes flavored nut butters (e.g. honey peanut butter, vanilla almond butter). Includes soybean and other nut-alternative spreads. Includes tahini and other seasoned seed pastes. Excludes miso paste. Excludes sweet/dessert pastes and spreads (e.g. chestnut puree, halvah, cookie spread, hazelnut chocolate spread) and confectionary nut pastes.	38	-	402	340	460

Table 1.05. Soups

Food Category ID P=Packaged R=Restaurant	Food Category Name ²	Food Category Description	2022 Baselines ³ Sample Size ⁴ Number of products /items	2022 Baselines ³ Sample Size ⁵ Number of restaurants (restaurant categories only)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Upper Bound ⁷ (mg sodium per 100g)
37	Broth and Stock ⁸	Liquid broths and stocks. Excludes condensed broth and stock (see 38). Excludes concentrates and pastes. Excludes stocks with dairy and Plant-Based Products Marketed as Cheese Alternatives additions, as well as stocks with solid additions (e.g. noodles) (See 38).	31	-	286	220	320
38	Condensed Soup ⁸	Shelf stable soups labeled as condensed and/or requiring the addition of water or milk. Includes condensed broths and stocks. Excludes concentrated soups. Data provided in condensed form ("as packaged").	37	-	628	500	700
39	Shelf Stable Soup ⁸	Ready-to-Heat/Ready-to-Eat shelf stable soups. Includes stews, chowders and consommé. Excludes broths and stocks (see 37), soups requiring the addition of water or milk (see 38), and shelf stable chili (see 139).	119	-	297	210	310
40	Refrigerated Soup	Refrigerated soup. Includes refrigerated soup kits with liquid bases. Includes refrigerated chowders and stews. Excludes refrigerated broths and stocks (see 37). Excludes other soup starters and bases.	14	-	331	270	380
41 - R	Restaurant Soup	Soup. Examples include gumbos, chowders, and bisques. Includes soup served with toppings (e.g. croutons, saltine crackers, tortilla strips). Includes chili. Excludes pot roast (see 143 - R), and soups in bread bowls (see 147 - R).	76	19	429	280	420
42	Dry Soup Mix	Dry soup mixes that require the addition of hot water before eating. Examples include dry ramen noodles, instant noodle soup, bean soup mix, and lentil soup mix. Excludes bouillon (see 43). Data provided in dry mix form ("as packaged"). Excludes multi-purpose soup mixes (e.g. mixes that could produce either soup or dip) (See 61).	62	-	1750	1350	1810
43	Bouillon	Dehydrated bouillon cubes and powders. Includes vegetarian and vegan options. Excludes pastes.	19	-	20384	18000	22450

Table 1.06. Sauces, Gravies, Dips, Condiments, and Seasonings

Food Category ID P=Packaged R=Restaurant	Food Category Name ²	Food Category Description	2022 Baselines ³ Sample Size ⁴ Number of products /items	2022 Baselines ³ Sample Size ⁵ Number of restaurants (restaurant categories only)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Upper Bound ⁷ (mg sodium per 100g)
44 - P	Tomato-based Sauce	Sauces consisting primarily of tomatoes, usually served as part of a dish (rather than as a condiment). Examples include tomato-based pasta sauce, pizza sauce, cooking sauce, sloppy joe sauce, and chili dog sauce. Includes products with additions (e.g. meat). Excludes products classified as a condiment (e.g. ketchup, steak sauce) (see 57 - P).	99	-	403	310	440
44 - R	Tomato-based Sauce	Sauces consisting primarily of tomatoes, usually served as part of a dish (rather than as a condiment). Examples include marinara sauce, pizza sauce, and meat sauce. Includes items with additions (e.g. meat). Excludes items classified as condiments (e.g. ketchup, steak sauce) (see 57 - P).	25	11	516	310	540
45 - P	Cheese-based Sauce	Sauces consisting primarily of cheese, usually served as part of a dish (rather than as a condiment). Examples include cheese-based pasta sauce and nacho cheese sauce. Includes condensed cheese sauces, Plant-Based Products Marketed as Cheese Alternative sauces, and products with additions (e.g. meat, black beans, tomatoes). Excludes products labeled as dips (see 53 - P).	13	-	837	630	850
45 - R	Cheese-based Sauce	Sauces consisting primarily of cheese, usually served as part of a dish (rather than as a condiment). Includes nacho cheese sauce. Excludes items that are dips (see 53 - R).	21	6	772	630	770
46	Cream-based Sauce	Sauces consisting primarily of cream, usually served as part of a dish (rather than as a condiment). Examples include cream-based pasta sauce (e.g. alfredo, creamy parmesan), pizza sauce, cooking sauce, and simmer sauce. Includes products with additions (e.g. meat, vegetables) and without. Includes vegan cream sauces.	12	-	591	520	650
47	Pesto Sauce	Pesto sauces and spreads. Includes both traditional basil pesto and other flavors (e.g. sun-dried tomato, lemon artichoke). Includes cream-based pesto sauces (e.g. Alfredo pesto).	15	-	958	610	960
48 - P	Mexican-style Sauce	Mexican-style cooking sauces, dipping sauces, and marinades. Examples include taco sauce, enchilada sauce, chili sauce, and mole. Includes chipotle-flavored sauces. Excludes concentrates and pastes. Excludes hot sauce condiment (see 58 - P). Excludes guacamole, salsa (see 56 - P), and queso (see 53 - P).	46	-	626	500	700
48 - R	Mexican-style Sauce	Mexican-style sauces and dipping sauces. Examples include taco sauce, ranchero/ranchera sauce, red picante sauce, and habanero sauce. Includes chipotle-flavored sauces. Excludes hot sauce condiments (see 58 - R).	9	8	835	500	770

Food Category ID P=Packaged R=Restaurant	Food Category Name ²	Food Category Description	2022 Baselines ³ Sample Size ⁴ Number of products /items	2022 Baselines ³ Sample Size ⁵ Number of restaurants (restaurant categories only)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Upper Bound ⁷ (mg sodium per 100g)
49 - P	Asian-style Sauce ⁸	Asian-style cooking sauces, dipping sauces, and marinades. Includes both soy sauce-based sauces (e.g. teriyaki sauce, stir fry sauce, mandarin sauce, and kung pao sauce) and sauces that are not soy-sauce based (e.g. curry sauce, oyster sauce, hoisin sauce, fish sauce). Excludes soy sauce (see 50). Excludes concentrates and pastes. Excludes sugar-based sauces (e.g. duck sauce, plum sauce, sweet and sour sauce, orange sauce).	76	-	2155	1350	2690
49 - R	Asian-style Sauce ⁹	Asian-style sauces and dipping sauces. Includes both soy sauce-based sauces and sauces that are not soy sauce-based. Examples include teriyaki sauce, mandarin sauce, hoisin sauce, dumpling sauce, and sweet chili sauce. Includes Asian barbecue sauce. Excludes Asian-style salad dressings (see 18 - R). Excludes duck sauce, plum sauce, sweet and sour sauce, orange sauce, and soy sauce.	13	6	1261	1250	1760
50	Soy Sauce ⁸	Soy sauce. Includes gluten-free versions, such as tamari. Excludes Asian-style sauces or marinades made with soy sauce.	12	-	6393	5310	6650
51	Marinades ⁸	Liquid marinades. Includes all-purpose marinades not already categorized elsewhere (e.g. in Asian-style sauces, Mexican-style sauces, soy sauce, salad dressing). Includes grilling sauce.	39	-	2228	1560	2310
52 - P	Gravy	Gravy. Examples include sausage gravy, beef gravy, mushroom gravy, and au jus. Includes gravy with additions (e.g. meat, vegetables). Excludes gravy in dry mix form (see 61).	12	-	455	400	510
52 - R	Gravy	Gravy. Examples include sausage gravy, mushroom gravy, white gravy, and au jus. Includes gravy with additions (e.g. sausage, mushrooms, poultry).	21	13	712	400	670
53 - P	Cheese-based Dips and Spreads	Dips consisting primarily of cheese. Examples include salsa con queso and other snacking dips. Includes cheese-flavored dips. Includes products labeled as spreads. Excludes aerosol can cheeses (see 14), cream cheese-based dips (see 54), and dry mix dips (see 54). Excludes fondue.	13	-	809	600	800
53 - R	Cheese-based Dips and Spreads	Dips consisting primarily of cheese. Examples include chili con queso and fondue. Includes cheese-flavored dips. Includes dips with additions (e.g. jalapenos).	16	9	682	600	820
54	Cream-based Dips and Spreads	Dips consisting primarily of cream, usually served on the side or as a spread. Types of bases include sour cream, mayonnaise, cream cheese, and yogurt. Examples include French onion dip, artichoke dip, veggie dip, crab dip, and tzatziki yogurt dip. Includes products labeled as spreads. Excludes cream-based salad dressings (see 18 - P) and dry mix dips (see 61). Excludes sweet yogurt dips. Includes imitation cream dips but excludes bean-based imitation cream dips (see 55).	45	-	570	500	650

Food Category ID P=Packaged R=Restaurant	Food Category Name ²	Food Category Description	2022 Baselines ³ Sample Size ⁴ Number of products /items	2022 Baselines ³ Sample Size ⁵ Number of restaurants (restaurant categories only)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Upper Bound ⁷ (mg sodium per 100g)
55	Bean-based Dips and Spreads	Dips consisting primarily of beans and other legumes. Examples include bean dips, hummus, and 5-layer dips. Includes dips with additions (e.g. cheese, peppers, pine nuts). Includes products labeled as spreads. Includes sweet bean dips (e.g. chocolate hummus). Excludes dry mix dips (see 61).	37	-	472	390	530
56 - P	Vegetable/Fruit-based Dips and Spreads	Dips consisting primarily of vegetables and/or fruits. Examples include salsa, guacamole, Pico de Gallo, and baba ghanoush. Includes products labeled as spreads. Excludes dry mix dips (see 61). Excludes jams and jellies.	121	-	670	400	680
56 - R	Vegetable/Fruit-based Dips and Spreads	Dips consisting primarily of vegetables and/or fruits. Examples include salsa, guacamole, and Pico de Gallo.	31	17	445	400	570
57 - P	Ketchup, Barbecue, Cocktail, and Steak Sauce	Ketchup, barbecue sauce, cocktail sauce, and steak sauce. Includes both traditional as well as flavored products. Excludes Asian-style barbecue sauce (soy sauce-based) (see 49 - P). Excludes mayo combinations (e.g. mayonnaise and ketchup combined) (see 60 - P).	45	-	987	620	930
57 - R	Ketchup, Barbecue, Cocktail, and Steak Sauce	Ketchup, barbecue sauce, cocktail sauce, and steak sauce. Includes both traditional as well as flavored items. Excludes Asian-style barbecue sauce (soy sauce-based) (see 49 - R).	69	24	976	620	1040
58 - P	Hot Sauce ⁸	Hot sauce condiments. Examples include pepper sauce, tabasco sauce, and buffalo wing sauce. Excludes hot taco sauce and enchilada sauce (see 48 - P), hot barbecue sauce (see 57 - P), and hot mustard (see 59 - P). Excludes "sweet" hot sauce (e.g. mango and other sugar-based sauces with peppers).	53	-	2712	1650	2970
58 - R	Hot Sauce ⁹	Hot sauce condiments. Examples include pepper sauce, buffalo/wing sauce, and restaurant-specific hot sauces. Excludes hot taco sauce and enchilada sauce (see 48 - R), hot barbecue sauce (see 57 - R), and hot mustard (see 59 - R).	30	21	2686	1650	2500
59 - P	Mustard and Worcestershire	Mustard and Worcestershire sauce. Includes all varieties of mustard (e.g. spicy, yellow, hot, honey).	25	-	1182	980	1240
59 - R	Mustard and Worcestershire	Mustard. Includes all varieties of mustard (e.g. spicy, yellow, hot, honey). Includes mustard dipping sauce. Restaurant dataset does not include Worcestershire sauce.	14	10	1226	980	1290
60 - P	Mayonnaise and Tartar Sauce	Mayonnaise and tartar sauce. Includes mayonnaise substitutes and vegan products. Includes light and fat free variations.	35	-	631	550	700
60 - R	Mayonnaise and Tartar Sauce	Mayonnaise and tartar sauce. Includes all varieties of mayonnaise and tartar sauce (e.g. chipotle mayonnaise, dill tartar sauce).	31	17	709	550	810
61	Dry Seasoning and Dry Sauce Mixes	Dry seasonings and other seasoned dry mixes. Examples include salted seasoning blends, grilling/cooking rubs, salad dressing mixes, taco seasoning mixes, gravy mixes, dip mixes, and sauce mixes. Excludes dry batters and coating mixes (see 62). Excludes single-ingredient spices and herbs. Excludes multi-ingredient spices and herbs, unless sodium-containing ingredients are part of this blend. Excludes MSG. Excludes pastes, concentrates, and other products not in dry form.	214	-	13321	7190	16010

Food Category ID P=Packaged R=Restaurant	Food Category Name ²	Food Category Description	2022 Baselines ³ Sample Size ⁴ Number of products /items	2022 Baselines ³ Sample Size ⁵ Number of restaurants (restaurant categories only)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Upper Bound ⁷ (mg sodium per 100g)
62	Batters and Coatings	Seasoned dry batters and coating mixes for meat, poultry, seafood, and vegetables. Excludes breadcrumbs (see 70 - P) and mixes that make batters for bakery products (see 88).	51	-	3385	2400	3450

Table 1.07. Cereals

Food Category ID P=Packaged R=Restaurant	Food Category Name²	Food Category Description	2022 Baselines³ Sample Size⁴ Number of products /items	2022 Baselines³ Sample Size⁵ Number of restaurants (restaurant categories only)	Phase II (3-year) Sales Weighted Mean⁶ (mg sodium per 100g)	Phase II (3-year) Sales Weighted Mean⁶ (mg sodium per 100g)	Phase II (3-year) Upper Bound⁷ (mg sodium per 100g)
63	Ready-to-Eat Cereal	Ready-to-Eat cereal. Includes puffed products, flakes, clusters, and multi-component cereals. Excludes granola, muesli, and shredded wheat cereals. Excludes oatmeal (see 64) and overnight oats.	223	-	524	370	550
64	Instant Cereal	Seasoned, dry mix instant cereals that are to be reconstituted with hot water or milk before eating. Examples include seasoned oatmeal, grits, and cream of wheat. Data provided in dry mix form ("as packaged").	47	-	550	370	540
65 - R	Cooked Cereal	Cooked cereal. Examples include seasoned oatmeal and grits. Items may include additions (e.g. milk, fruit, margarine, cheese).	7	5	172	100	170

Table 1.08. Bakery

Food Category ID P=Packaged R=Restaurant	Food Category Name ²	Food Category Description	2022 Baselines ³ Sample Size ⁴ Number of products /items	2022 Baselines ³ Sample Size ⁵ Number of restaurants (restaurant categories only)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Upper Bound ⁷ (mg sodium per 100g)
66 - P	White Bread	White breads and other breads not made from whole wheat flour. Example types of bread include white, Italian, potato, French, sourdough, cinnamon raisin, Hawaiian, and buttermilk. Includes various forms of bread (e.g. sandwich bread, loaves, rolls, hamburger and hot dog buns, pitas, flatbread, brioche). Includes breads with additions (e.g. seeds, fruit, herbs). Includes keto bread and all varieties of gluten-free breads. Excludes breads topped with garlic spread and/or cheese (see 68 - P) and dessert/sweet quick breads (see 84 - P).	324	-	462	320	470
66 - R	White Bread	White breads and other breads not made from whole wheat flour. Example types of bread include white, sourdough, brioche, ciabatta, challah, and focaccia. Includes various forms of bread (e.g. sandwich bread, "artisan" bread, loaves, baguettes, rolls, pitas, flatbread). Includes bread with additions (e.g. seeds, fruit, herbs). Includes toasted bread. Excludes breads with garlic and/or cheese topping/sprinkles (see 68 - R) and dessert/sweet quick breads (see 84 - R).	36	20	508	320	490
67 - P	Wheat and Mixed Grain Bread	Breads made from whole wheat flour or multigrain breads. Includes various forms of bread (e.g. sandwich bread, loaves, rolls, hamburger and hot dog puns, pitas, flatbread). Includes breads with additions (e.g. seeds, fruit, herbs). Includes breads made from sprouted wheat, wheat berries, or cracked wheat. Excludes gluten-free breads (See 66 - R).	92	-	424	350	460
67 - R	Wheat and Mixed Grain Bread	Multigrain breads and other breads made from whole wheat flour. Includes various forms of bread (e.g. sandwich bread, "artisan" bread, loaves, baguettes, rolls, pitas, flatbread). Includes toasted bread. Includes breads called wheat, even if not made from whole wheat. Includes breads made from oats or oatmeal.	12	7	448	350	450
68 - P	Garlic and Cheese Bread	Bread topped with garlic spread and/or cheese. Includes soft breadsticks. Excludes breads with light cheese sprinkled on top (see 66 - P and 67 - P) and soft breadsticks stuffed with cheese/pizza toppings (see 154). Excludes hard breadsticks (See 79 - P).	17	-	632	440	630
68 - R	Garlic and Cheese Bread	Breads topped with garlic and/or cheese. Example types of bread include Texas toast, breadsticks, cheese sticks, and garlic knots. Includes soft breadsticks and breads made partially with cheese. Includes toasted bread. Includes breads topped with savory meat (e.g. pepperoni) and breads sprinkled with garlic and/or cheese.	29	5	508	440	610
69	Rye Bread	Rye and pumpernickel breads. Includes breads made primarily from rye flour (regardless of whether the product name includes the term 'rye').	35	-	628	440	630
70 - P	Breadcrumbs and Croutons	Breadcrumbs and croutons. Includes all types of croutons and both traditional seasoned breadcrumbs and other types (e.g. panko breadcrumbs, corn flake crumbs, cracker crumbs). Includes gluten-free products.	43	-	1168	900	1340

Food Category ID P=Packaged R=Restaurant	Food Category Name ²	Food Category Description	2022 Baselines ³ Sample Size ⁴ Number of products /items	2022 Baselines ³ Sample Size ⁵ Number of restaurants (restaurant categories only)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Upper Bound ⁷ (mg sodium per 100g)
70 - R	Breadcrumbs and Croutons	Croutons. Includes all types and flavors of croutons (e.g. garlic parmesan croutons). Restaurant dataset does not include breadcrumbs.	12	12	1174	900	1230
71 - P	Bagels and Soft Pretzels	Bagels and soft pretzels. Includes bialys, pretzel bread, bagel thins, and bagel holes. Excludes bagel sandwiches (see 131 -P), pizza bagels (see 154), and filled/stuffed frozen pretzel appetizers (see 154).	30	-	427	350	460
71 - R	Bagels and Soft Pretzels	Bagels and soft pretzels. Includes flavored bagels and pretzels (e.g. sour cream and onion, asiago cheese). Includes bagels and pretzels with additions that are both savory (e.g. pepperoni, cheese) and sweet (e.g. chocolate chips). Includes whole wheat items. Excludes bagel sandwiches (see 12 - R and 126 - R, 131 - R). Excludes pretzels and bagels with sauce.	82	6	563	350	510
72	English Muffins	English muffins. Includes all varieties. Includes crumpets.	13	-	415	330	410
73	Croissants	Croissants. Includes croissants with fillings (e.g. fruit, chocolate, cheese). Excludes refrigerated and frozen croissant dough (see 86-87).	16	-	274	190	320
74 - P	Biscuits ⁹	Shelf stable, refrigerated, and frozen biscuits and biscuit dough. Includes biscuits with additions (e.g. cheese) and gluten-free biscuits.	17	-	823	730	920
74 - R	Biscuits ¹⁰	Biscuits. Includes biscuits with sweet and savory toppings and/or additions (e.g. icing, honey, cinnamon, cheese, raisins). Excludes biscuits with gravy (see 149 - R).	17	11	931	730	1000
75 - P	Muffins	Muffins. Includes both sweet and savory flavors (e.g. chocolate chip, blueberry, banana nut, cheese). Includes miniature and muffin top varieties, as well as muffin "sticks" and gluten-free muffins. Excludes cornbread and corn muffins (see 76 - P) and muffin mix (see 88).	33	-	344	240	340
75 - R	Muffins	Muffins. Includes both sweet and savory flavors (e.g. chocolate chip, banana nut, raisin bran, whole wheat). Includes muffin tops. Excludes cornbread and corn muffins (see 76 - R).	28	8	356	240	350
76 - P	Cornbread and Corn Muffins	Cornbread and corn muffins. Includes miniature and muffin top varieties. Includes gluten-free cornbread. Excludes cornbread mix and corn muffin mix (see 88). Excludes corn biscuits (see 74 - P).	19	.	470	350	590
76 - R	Cornbread and Corn Muffins	Cornbread and corn muffins. Includes cornbread and corn muffins with additions (e.g. jalapenos, honey). Includes hushpuppies.	11	7	487	350	540
77 - P	Tortillas	Soft tortillas made from wheat and other flours. Excludes tortillas made from corn flour. Excludes flatbreads (see 66 - P, 67 - P, 68 - P and 69).	68	-	715	500	740
77 - R	Tortillas	Soft tortillas made from wheat and other flours. Excludes tortillas made from corn flour. Excludes flatbreads (see 66 - R, 67 - R, 68 - R and 69).	20	12	680	500	710

Food Category ID P=Packaged R=Restaurant	Food Category Name ²	Food Category Description	2022 Baselines ³ Sample Size ⁴ Number of products /items	2022 Baselines ³ Sample Size ⁵ Number of restaurants (restaurant categories only)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Upper Bound ⁷ (mg sodium per 100g)
78	Hard Taco Shells	Hard taco shells made from corn, wheat, and other flours. Includes taco salad shells and tostadas. Includes gluten-free varieties.	17	-	545	380	580
79-P	Crackers	Crackers. Examples include snack crackers, saltines, graham crackers, filled/sandwich crackers, hard breadstick crackers, cheese crackers, sesame sticks, and rice crackers. Includes pita chips and bagel chips. Excludes animal crackers (see 83 - P), pretzel crackers (see 117), and crackers that come with spreads (see 120).	184	-	776	570	800
79-R	Crackers	Crackers. Examples include snack crackers, saltines, graham crackers, filled/sandwich crackers, hard breadstick crackers, cheese crackers, sesame sticks, and rice crackers. Includes pita chips and bagel chips. Excludes animal crackers (see 83), pretzel crackers (see 117), and crackers that come with spreads (see 120).	10	5	1384	570	1120
80 - P	Cheesecake	Cakes made with cream and soft cheese. Products may or may not have a grain crust. Includes flavored cheesecakes and cheesecakes with toppings.	42	-	256	190	270
80 - R	Cheesecake	Cakes made with cream and soft cheese. Items may or may not have a grain crust. Includes flavored cheesecakes and cheesecakes with toppings and/or additions (e.g. fruit, fudge, whipped cream). Excludes fried cheesecake.	16	12	299	190	290
81 - P	Cake	Cakes, including snack cakes, cupcakes, sheet cakes, cake rolls, cake pops, and lava cakes. Includes brownies, coffee cakes, whoopie pies, and tiramisu. Includes products with icing, fillings, and toppings. Includes gluten-free varieties. Excludes dry cake mix (see 88). Excludes ice cream cakes, brookies, and panettone (see 84 - P).	186	-	300	240	360
81 - R	Cake	Cakes. Examples include cake slices, cupcakes, tiramisu, tortes, and whoopie pies. Includes "flourless" cakes. Includes items with icing, fillings, and toppings. Includes brownies, coffee cakes, and cake pops. Excludes ice cream cakes and cakes served with ice cream.	66	15	215	210	330
82 - P	Doughnuts	Yeast and chemically leavened doughnuts. Includes doughnuts with toppings, powders, and glazes. Includes snack cake doughnuts, miniature doughnuts, doughnut holes, crullers, and fritters. Includes gluten-free varieties. Excludes churros (see 84 - P).	65	-	352	220	340
82 - R	Doughnuts	Yeast leavened and chemically leavened doughnuts. Includes doughnuts with toppings, powders, glazes, and fillings. Includes miniature doughnuts, doughnut holes, fritters, beignets, and funnel cakes.	50	7	364	220	360
83 - P	Cookies	Cookies and wafers. Examples include macarons, ladyfingers, palmiers, breakfast biscuits, biscotti, snack cookies, sandwich cookies, oatmeal cream pies, and animal crackers. Includes frozen and refrigerated cookie dough. Includes gluten-free varieties. Excludes brookies.	360	-	330	240	350
83 - R	Cookies	Cookies. Examples include chocolate chip, oatmeal raisin, white chocolate macadamia, and peanut butter. Includes cookie pizza.	128	29	317	240	350

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84 - P	Sweet Rolls, Pastries, and Pies	Sweet rolls, pastries, and pies. Includes Danishes, cobblers, cinnamon rolls, madeleines, honey buns, cannoli, strudels, cream puffs, churros, eclairs, and turnovers. Includes toaster pastries. Includes filled and topped products. Includes dessert/sweet quick breads (e.g. banana bread) and panettone.	199	-	305	240	340
84 - R	Sweet Rolls, Pastries, and Pies	Sweet rolls, pastries, and pies. Includes pies, turnovers, cobblers, Danishes, strudels, tarts, and scones. Includes filled and topped items. Includes dessert/sweet quick breads (e.g. banana bread) and fried pastries (e.g. churros, cannolis, and cinnamon twists). Excludes items served with ice cream.	128	28	314	240	350
85 - P	Breakfast Bakery Goods	Breakfast bakery products usually eaten hot with limited preparation aside from heating. Examples include waffles, pancakes, French toast sticks, and crepes. Excludes products with meat or vegetable fillings. Excludes breakfast sandwiches and savory breakfast-type toaster pastries (see 130 - P and 131 - P) and products that come with sides (e.g. breakfast entrees) (see 132).	32	-	495	360	490
85 - R	Breakfast Bakery Goods	Breakfast bakery items. Examples include waffles, pancakes and pancake variants (e.g. hotcakes, side cakes), sweet crepes, and French toast. Includes filled or topped items that may have sweet (e.g. syrup, jam, chocolate chips, whipped cream) or savory (e.g. cheese, crumbled bacon) additions. Excludes breakfast sandwiches (see 130 R and 131 R), savory crepes (see 147 - R), and items that come with sides or other items (see 149 - R).	31	10	370	360	490
86	Frozen Dough	Frozen dough. Examples include bread dough, pizza crust dough, puff pastry sheets, phyllo dough and cinnamon roll dough. Excludes precooked pizza crusts/shells and par-baked dough (see 66 - P, 67 - P, 68 - P and 69), biscuit dough (see 74 - P), and cookie dough (see 83 - P). Excludes brownie dough and frozen batter.	14	-	384	290	420
87	Refrigerated Dough	Refrigerated dough. Examples include pizza crust dough, crescent roll dough, cinnamon roll dough, and bread dough. Excludes precooked pizza crusts/shells (see 66 - P and 69 - P), biscuit dough (see 74 - P), and cookie dough (see 83 - P). Excludes brownie dough and refrigerated batter.	20	-	709	610	780
88	Bakery Dry Mixes	Dry mixes used for the cooking of baked goods. Examples include cake mix, muffin mix, pancake and waffle mix, bread mix, cornbread mix, and pizza crust mix. Includes keto and gluten-free mixes and no-bake dessert mixes. Excludes pudding mix, cookie mix, and brownie mix. Data provided in dry form ("as packaged").	98	-	895	580	920

Table 1.09. Meat and Poultry

Food Category ID P=Packaged R=Restaurant	Food Category Name ²	Food Category Description	2022 Baselines ³ Sample Size ⁴ Number of products /items	2022 Baselines ³ Sample Size ⁵ Number of restaurants (restaurant categories only)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Upper Bound ⁷ (mg sodium per 100g)
89	Deli Meats	Sliced and non-sliced deli meats not already captured in more specific categories (e.g. salami). Examples include turkey, ham slices or diced ham, roast beef, loaves, pastrami, and chicken breast. Includes canned luncheon loaves. Includes smoked-flavored and other flavored deli meats. Includes refrigerated summer sausage, cervelat sausage, and thuringer sausage, but excludes shelf stable versions (see 95). Excludes bologna (see 90), salami and pepperoni (see 95), Canadian bacon (see 100 -P), and whole ham products like ham steaks (see 100 -P).	127	-	990	830	1110
90	Hot Dogs and Bologna	Hot dogs and bologna made primarily from beef, pork, and/or poultry. Includes frankfurters and wieners. Includes salami cotto. Excludes hot dogs on a bun (see 129 - P), summer sausage (see 95 - P or 89), and mortadella.	90	-	972	790	1030
91	Uncooked Sausage	Frozen and refrigerated breakfast and dinner-type sausages sold in uncooked form. Includes primarily pork, beef, and poultry products. Includes sausage links, ropes, patties, and ground meat. Data provided in uncooked form ("as packaged"). Sausages can be cured, smoked, flavored, or have additions such as cheese. Excludes Chinese sausage, blood sausage, morcilla, and pickled sausages.	127	-	762	550	770
92 - P	Cooked Sausage	Frozen and refrigerated breakfast and dinner-type sausages sold in precooked form. Includes primarily pork, beef, and poultry products. Includes sausage links, ropes, and patties. Sausages can be cured, smoked, flavored, or have additions such as cheese. Excludes Chinese sausage, blood sausage, morcilla, and pickled sausages.	167	-	901	740	1000
92 - R	Cooked Sausage	Breakfast and dinner-type sausages. Includes pork, beef, and poultry items. Includes sausage links, ropes, and patties. Includes chorizo, carved sausage, and sausage crumbles.	34	13	742	630	800
93 - P	Bacon	Bacon sold in both cooked and uncooked forms. Includes pork, beef, and turkey products. Excludes bacon bits (see 94), Canadian bacon (see 100 - P), and meat substitute bacon (see 106). Data provided in cooked form ("as prepared").	88	-	1709	1370	1840
93 - R	Bacon	Bacon. Includes poultry bacon and pancetta. Excludes bacon bits (see 94) and Canadian bacon (see 100 -R).	21	16	1753	1370	1940
94	Bacon Bits	Bacon bits and pieces. Includes meat substitute products/items.	10	-	2583	2250	2960
95-P	Salami and Pepperoni	Hard, dry salami and pepperoni. Salami examples include genoa salami, Italian salami, Sopressata, capicola, Coppa, and landjager. Includes both meat and poultry products (e.g. turkey pepperoni). Includes shelf stable chorizo. Excludes salami cotto (see 90), refrigerated summer sausage, cervelat sausage, and thuringer sausage (see 89), canned salami (see 104), and prosciutto.	109	-	1626	1460	1840

Food Category ID P=Packaged R=Restaurant	Food Category Name ²	Food Category Description	2022 Baselines ³ Sample Size ⁴ Number of products /items	2022 Baselines ³ Sample Size ⁵ Number of restaurants (restaurant categories only)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Upper Bound ⁷ (mg sodium per 100g)
95-R	Salami and Pepperoni	Hard, dry salami and pepperoni. Salami examples include genoa salami, Italian salami, and Sopressata. Includes both meat and poultry products (e.g. turkey pepperoni). Includes shelf stable chorizo. Excludes salami cotto (see 90).	9	6	1410	1050	1640
96	Jerky and Dried Meat Snacks	Jerky, meat or sausage sticks, and other dried meat snacks made from meat, poultry, and fish. Includes pepperoni-flavored meat snacks and summer sausage meat sticks. Excludes pickled products and pork rinds.	199	-	1713	1360	1870
97 - P	(a) Poultry - Nonbreaded with Seasoning/Sauce	Frozen and refrigerated seasoned poultry that has not been reformed (still whole muscle) and is not breaded nor battered. Examples include wings, drumsticks, whole muscle breasts, and whole muscle tenderloins. Includes both bone-in and boneless products. Includes stuffed/filled products. Includes products with sauce, marinade, or gravy. Includes both raw and precooked products. Excludes poultry in solution (see 97b - P).	68	-	599	400	650
97 - P	(b) Poultry - Nonbreaded in Solution	Frozen and refrigerated poultry in saline or broth solution that has not been reformed (still whole muscle) and is not breaded nor battered. Examples include wings, drumsticks, whole muscle breasts, and whole muscle tenderloins. Includes both bone-in and boneless products.	34	-	227	180	280
97 - R	Poultry - Nonbreaded	Chicken and turkey that has not been reformed (still whole muscle) and is not breaded nor battered. Examples include wings, drumsticks, whole muscle breasts, whole muscle strips, and whole muscle tenderloins. Includes both bone-in and boneless items. Includes items served with sauce or condiments. Excludes wings served in sauce (e.g. buffalo wings) (see 98 -R).	240	27	579	400	650
98 - P	Poultry - Breaded	Frozen and refrigerated chicken and turkey that has not been reformed (still whole muscle) and is breaded and/or battered. Examples include breaded wings, drumsticks, whole muscle breasts, and whole muscle tenderloins. Includes both bone-in and boneless products. Includes stuffed/filled products. Includes products with sauce, marinade, or gravy.	49	-	587	440	650
98 - R	Poultry - Breaded	Chicken and turkey that has not been reformed (still whole muscle) and is breaded and/or battered. Examples include breaded wings, drumsticks, whole muscle breasts, tenders, and strips. Includes both bone-in and boneless items. Includes items served with sauce or condiments. Includes wings served in sauce. Excludes chicken parmigiana and variants (see 143 - R).	173	27	861	440	810
99 - P	Poultry - Reformed Nuggets and Patties	Frozen, breaded, shaped poultry nuggets, patties, and fritters. Products are reformed and typically contain stabilizers/binders. Examples include chicken nuggets, chicken patties, chicken fritters, chicken fries, and formed chicken.	57	-	573	430	590
99 - R	Poultry - Reformed Nuggets and Patties	Breaded, shaped poultry nuggets. Items are reformed and typically contain stabilizers/binders. Examples include chicken nuggets, chicken fries, and popcorn chicken. Includes items served with sauce or condiments. Restaurant dataset does not include poultry patties.	9	7	748	550	820

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100 - P	Cured/Smoked Pork and Canadian Bacon	Bone-in and boneless cured/smoked pork and Canadian bacon. Includes smoked pork chops, ham steaks, carved ham, and ham ends and pieces. Excludes "smoked"-flavored sliced deli meats (see 89), bacon (see 93 - P), canned products (see 103), and ham spreads.	58	-	1035	860	1150
100 - R	Cured/Smoked Pork and Canadian Bacon	Bone-in and boneless cured/smoked pork and Canadian bacon. Includes turkey Canadian bacon. Excludes deli meat (see 89) and bacon (see 93 - R).	16	8	1335	860	1300
101 - P	Whole Muscle Meat	Whole muscle meat primarily made of beef and pork. Examples include pork ribs, beef/pork roasts, pork tenderloins, beef tips, and beef steaks. Includes both bone-in and boneless products. Includes marinated products and products in sauce. Includes bacon-wrapped products. Excludes cured/smoked pork (see 100 - P) and organs.	71	-	475	380	540
101 - R	Whole Muscle Meat	Whole muscle beef and pork. Examples include steaks, filets, pork ribs, pulled pork, beef tips, beef brisket, and pork chops. Includes both bone-in and boneless items. Includes items in sauce and gravy. Includes meat wrapped in bacon and dishes in which beef and pork are served together. Excludes cured/smoked pork (see 100 - R).	138	17	642	380	640
102 - P	Shaped Meat	Precooked and raw shaped meat and poultry. Examples include meatballs, meatloaf, sausage balls, shaped steaks, and breaded meat patties. Includes products with gravy and sauce. Excludes shaped, breaded poultry (see 99 - P).	38	.	580	400	610
102-R	Shaped Meat	Precooked and raw shaped meat and poultry. Examples include meatballs, meatloaf, sausage balls, shaped steaks, and breaded meat patties. Includes products with gravy and sauce. Excludes shaped, breaded poultry (see 99 -R).	16	5	645	400	650
103	Canned Meat	Canned beef and pork. Examples include canned corned beef, ham, roast beef, barbecue beef, and chopped pork. Includes products with gravy. Excludes canned luncheon loaves (see 89) and canned sausage (see 104). Excludes pate, ham salads (see 152), other meat spreads, and corned beef hash.	14	-	813	710	950
104	Canned Sausage	Canned meat and poultry sausages. Examples include Vienna sausages and smoked sausages.	10	-	926	700	980
105	Canned Poultry	Canned chicken and turkey. Excludes canned luncheon loaves (see 89) and canned poultry sausage (see 104). Excludes pate, organs, and poultry salads (see 152).	11	-	436	300	430
106	Meat Substitutes	Meat substitutes and analogues, such as tofu, tempeh, and seitan (seasoned, marinated, and plain types). Examples include veggie burgers, veggie bacon, veggie meatballs, veggie hot dogs, and vegetarian deli slices. Includes imitation meat products that are made with soy protein isolates, wheat gluten, and textured vegetable protein. Includes substitute meat products that are vegetable-based and do not contain soy protein (e.g. all-veggie, veggie & nut, nut-based products). Includes frozen, refrigerated, and shelf stable products. Excludes imitation bacon bits (see 94). Excludes pate and pastes.	97	-	493	370	550

Table 1.10. Fish and Other Seafood

Food Category ID P=Packaged R=Restaurant	Food Category Name²	Food Category Description	2022 Baselines³ Sample Size⁴ Number of products /items	2022 Baselines³ Sample Size⁵ Number of restaurants (restaurant categories only)	Phase II (3-year) Sales Weighted Mean⁶ (mg sodium per 100g)	Phase II (3-year) Sales Weighted Mean⁶ (mg sodium per 100g)	Phase II (3-year) Upper Bound⁷ (mg sodium per 100g)
107	Fish and Other Seafood - Not Breaded	Frozen and refrigerated fish and other seafood that are neither breaded nor battered. Examples include fish fillets, shrimp, and crab meat. Excludes seafood spreads (see 54) and seafood-based salads (see 152). Includes stuffed fish and seafood. Includes fish and seafood with sauces. Excludes caviar, fish pate, salted cod, pickled fish, and smoked fish.	300	-	471	320	520
108	Fish and Other Seafood - Breaded	Frozen and refrigerated fish and other seafood that are breaded and/or battered. Examples include breaded shrimp, crab cakes, breaded fish sticks, battered fish fillets, and popcorn shrimp. Includes fish with nut coatings/crusts.	42	-	521	380	550
109	Shelf-Stable Fish and Other Seafood	Shelf stable fish and other seafood except anchovies. Examples include tuna, sardines, salmon, herring, clams, and oysters. Excludes fish jerky (see 96). Excludes pate, caviar, and dried fish/seafood.	99	-	341	260	370
110	Shelf-Stable Anchovies	Shelf stable anchovies packed in oil. Includes products with additions (e.g. capers). Excludes pate and dried anchovies.	10	-	5789	5000	6250

Table 1.11. Snacks

Food Category ID P=Packaged R=Restaurant	Food Category Name ²	Food Category Description	2022 Baselines ³ Sample Size ⁴ Number of products /items	2022 Baselines ³ Sample Size ⁵ Number of restaurants (restaurant categories only)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Upper Bound ⁷ (mg sodium per 100g)
111 - P	Unflavored Potato/Vegetable Chips	Potato and vegetable chips seasoned with salt. Flavor examples include plain, original, and regular. Includes chips with similar salt-only flavors, such as salt and pepper and olive oil. Includes both sliced chips and reformed crisps. Excludes potato and vegetable chips seasoned with additional flavors than salt (see 112), bean chips (see 113), and puffed products (see 115).	41	.	524	400	560
111 - R	Unflavored Potato/Vegetable Chips	Potato chips seasoned with salt. Examples include kettle chips, baked chips, and ruffled chips. Excludes chips seasoned with additional flavors than salt. Restaurant dataset does not include vegetable chips.	8	6	567	400	550
112	Flavored Potato/Vegetable Chips	Potato and vegetable chips seasoned with additional flavors than salt. Flavor examples include barbecue, sour cream and onion, salt and vinegar, and cheddar. Includes both sliced chips and reformed crisps. Excludes bean chips (see 114) and puffed products (see 115).	150	-	648	480	670
113	Unflavored Grain Chips	Grain chips (e.g. tortilla chips, corn chips, multigrain chips) seasoned with salt. Flavor examples include plain, original, and regular. Includes chips with similar salt-only flavors, such as salt and pepper and lime. Includes bean chips. Excludes pita chips and bagel chips (see 79), chips seasoned with additional flavors than salt (see 114), and puffed products (see 115).	45	-	423	340	430
114	Flavored Grain Chips	Grain chips (e.g. tortilla chips, corn chips, multigrain chips) seasoned with additional flavors than salt. Flavor examples include cheese, French onion, ranch, and hot buffalo. Includes bean chips and rolled tortilla chips. Excludes pita chips and bagel chips (see 79) and puffed products (see 115).	47	-	814	520	710
115	Puffed Snacks	Seasoned puffed snacks. Examples include rice cakes, popcorn cakes, puffed cheese-flavored and onion-flavored corn snacks, and puffed potato fries/sticks. Includes puffed vegetable sticks. Excludes snacks coated in caramel, but includes caramel-dusted and caramel-flavored puffed snacks.	94	-	911	600	890
116	Popcorn	Seasoned microwaveable popcorn and ready-to-eat popcorn. Excludes ready-to-eat popcorn with other additions (e.g. nuts, pretzels) (see 119). Excludes sweet-flavored popcorn (e.g. butter toffee, caramel, kettle corn, chocolate) and popcorn kernels.	82	-	937	600	930
117	Pretzels	Hard pretzels. Includes flavored, coated, and filled pretzels. Includes pretzels with no external salt. Includes pretzel crackers. Excludes soft pretzels (see 71 - P). Excludes half-cracker half-pretzel snacks (see 71 - P).	100	-	1139	830	1340

Food Category ID P=Packaged R=Restaurant	Food Category Name ²	Food Category Description	2022 Baselines ³ Sample Size ⁴ Number of products /items	2022 Baselines ³ Sample Size ⁵ Number of restaurants (restaurant categories only)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Upper Bound ⁷ (mg sodium per 100g)
118	Snack Bars	Snack bars. Examples include cereal bars, granola bars, rice snack bars, fruit and grain bars, protein bars, and breakfast bars. Includes smaller bite-sized products that have the same composition as a larger snack bar.	420	-	329	230	350
119	Snack Mixes	Dry snack mixes made up of multiple components, such as cereals, nuts, pretzels, crackers, and dried fruits. Includes trail mixes. Excludes mixes containing only nuts (see 34, 35 - P). Excludes granola products and chocolate and other confectionery mixes.	87	-	719	560	860
120	Snack Packs	Snacks that come packaged with an additional component, such as a spread or build-your-own toppings. Examples include crackers with cheese or hummus, tuna salad with crackers, meat and cheese combinations, and lunch combination snacks (e.g. nacho components). Excludes lunch combinations that come with a beverage and/or dessert (see 138). Excludes products where nutrition information is provided separately for each product type (e.g. variety packs, products with multiple Nutrition Facts Panels) (see respective product categories).	78	-	733	550	850

Table 1.12. Sandwiches

Food Category ID P=Packaged R=Restaurant	Food Category Name²	Food Category Description	2022 Baselines³ Sample Size⁴ Number of products /items	2022 Baselines³ Sample Size⁵ Number of restaurants (restaurant categories only)	Phase II (3-year) Sales Weighted Mean⁶ (mg sodium per 100g)	Phase II (3-year) Sales Weighted Mean⁶ (mg sodium per 100g)	Phase II (3-year) Upper Bound⁷ (mg sodium per 100g)
121 - R	Deli Meat-based Sandwiches	Sandwiches and wraps consisting primarily of deli meats. Examples include ham sandwiches, roast beef sandwiches, poultry deli meat sandwiches, Reuben sandwiches, and pastrami sandwiches. Includes sandwiches that contain a minimal amount of dry/cured meat (e.g. bacon).	111	12	638	460	680
122 - R	Dry/Cured Meat-based Sandwiches	Sandwiches and wraps consisting primarily of dry/cured meats. Examples include BLTs, Italian sandwiches with salami and pepperoni, and grilled cheese sandwiches with bacon. Includes sandwiches and wraps that contain a minimal amount of other sandwich meats (e.g. deli meats, poultry/fish, and beef/pork).	29	9	778	550	820
123 - R	Beef/Pork-based Sandwiches	Sandwiches and wraps consisting primarily of beef/pork. Examples include pulled pork sandwiches, pot roast sandwiches, French dip sandwiches, prime rib sandwiches, and Philly cheesesteaks. Includes sandwiches containing sausage. Includes sandwiches that contain a minimal amount of dry/cured meat (e.g. bacon). Excludes patty melts, meatball sandwiches, and meatloaf sandwiches (see 127 - R and 128 - R).	73	14	609	330	570
124 - R	Poultry/Fish-based Sandwiches	Sandwiches and wraps consisting primarily of poultry, fish, or seafood. Examples include turkey burgers, grilled or fried chicken burgers, chicken or tuna salad sandwiches, chicken club sandwiches, chicken/turkey BLTs, parmesan chicken sandwiches, and lobster rolls. Includes sandwiches containing poultry sausages. Includes sandwiches that contain a minimal amount of dry/cured meat (e.g. bacon).	236	27	562	380	550
125 - R	Vegetarian Sandwiches without Cheese	Sandwiches and wraps without meat, poultry, seafood, or cheese. Examples include peanut butter and jelly sandwiches, egg salad sandwiches, and veggie burgers without cheese.	20	9	342	300	380
126 - R	Vegetarian Sandwiches with Cheese	Sandwiches and wraps without meat, poultry, seafood, but contain cheese. Examples include grilled cheese sandwiches, veggie burgers with cheese, and mozzarella and tomato sandwiches.	33	12	792	470	730
127 - R	Hamburgers without Cheese	Hamburgers and ground meat sandwiches without cheese. Includes items with toppings and condiments (e.g. ketchup, bacon, vegetables). Includes hamburgers with alternatives for the bread (e.g. lettuce). Includes mini hamburgers and sliders. Includes meatloaf sandwiches without cheese and meatball sandwiches without cheese.	51	16	371	250	390
128 - R	Hamburgers with Cheese	Hamburgers and ground meat sandwiches with cheese. Includes items with toppings and condiments (e.g. ketchup, bacon, vegetables). Includes hamburgers with alternatives for the bread (e.g. lettuce). Includes mini hamburgers and sliders. Includes patty melts, meatloaf sandwiches with cheese, and meatball sandwiches with cheese.	125	17	521	320	510

Food Category ID P=Packaged R=Restaurant	Food Category Name ²	Food Category Description	2022 Baselines ³ Sample Size ⁴ Number of products /items	2022 Baselines ³ Sample Size ⁵ Number of restaurants (restaurant categories only)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Upper Bound ⁷ (mg sodium per 100g)
129 - P	Hot Dogs on Buns and Corn Dogs	Frozen and refrigerated corn dogs and hot dogs packaged with a bun. Includes bagel dogs, pretzel dogs, corn dog bites/nuggets, and mini corn dogs. Includes meatless products. Excludes hot dogs not on buns (see 90) and pigs in a blanket or mini corn dogs (see 154).	14	-	635	580	670
129 - R	Hot Dogs on Buns and Corn Dogs	Corn dogs and hot dogs with a bun. Includes pretzel dogs and mini corn dogs/hot dogs. Includes poultry items and items with additions (e.g. chili, cheese, bacon).	28	6	764	580	820
130 - P	Breakfast Sandwiches on Biscuits	Frozen and refrigerated breakfast-style sandwiches on biscuits. Examples include egg and breakfast meat sandwiches. Includes sausage on a biscuit and chicken on a biscuit. Includes stuffed biscuit breakfast products and gluten-free biscuit sandwiches. Excludes gravy and biscuits (see 132).	19	-	735	600	800
130 - R	Breakfast Sandwiches on Biscuits	Breakfast-style sandwiches provided on biscuits. Common fillings include ham, egg, sausage, bacon, cheese, and chicken. Examples include egg sandwiches, breakfast meat sandwiches, and breaded meat and gravy breakfast sandwiches.	51	10	862	600	880
131 - P	Breakfast Sandwiches Not on Biscuits	Frozen and refrigerated breakfast-style sandwiches provided on a bread source other than a biscuit (e.g. bagel, croissant, pancake, toast). Examples include egg and breakfast meat sandwiches. Includes breakfast burritos, tacos, and quesadillas. Includes breakfast-type toaster pastries and other stuffed/filled products. Includes gluten-free, dairy-free, or vegan products. Excludes sweet toaster pastries (see 84 - P).	45	-	497	400	550
131 - R	Breakfast Sandwiches Not on Biscuits	Breakfast-style sandwiches provided on a bread source other than a biscuit (e.g. bagel, croissant, pancake, English muffin, toast). Common fillings include ham, egg, sausage, bacon, cheese, and chicken. Examples include egg sandwiches and breakfast meat sandwiches. Includes breakfast burritos, tacos, taquitos, and quesadillas. Includes flatbread breakfast sandwiches.	264	22	584	400	600

Table 1.13. Mixed Ingredient Dishes

Food Category ID P=Packaged R=Restaurant	Food Category Name ²	Food Category Description	2022 Baselines ³ Sample Size ⁴ Number of products /items	2022 Baselines ³ Sample Size ⁵ Number of restaurants (restaurant categories only)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Upper Bound ⁷ (mg sodium per 100g)
132	Frozen Meals and Sides	Frozen meals and sides not already captured in more specific categories (e.g. pizzas, meat products, appetizers, breakfast sandwiches). Examples include frozen dinners with sides, pasta dinners with sauce, pot pies, rice-based sides, and breakfast entrees. Includes both single serving and multi-serving products. Excludes frozen handheld meals (see 133) and frozen par-boiled pasta (see 134).	358	-	335	210	330
133	Frozen Handheld Meals	Frozen multi-component handheld meals. Examples include burritos, pocket sandwiches, taquitos, tamales, chimichangas, sandwiches, and burgers on buns. Includes pizza pockets. Excludes frozen corn dogs and hot dogs on buns (see 129 - P) and frozen breakfast sandwiches and breakfast burritos (see 130 P and 131 -P).	97	-	454	290	480
134	Frozen Pasta	Frozen par-boiled stuffed pasta that either needs to be cooked on the stove or in the oven with a separate sauce or finished with a separate sauce. Examples include ravioli, tortellini, stuffed pasta shells, and manicotti. Includes gnocchi. Excludes full meals (e.g. lasagna) that are heated in the oven and microwaveable frozen pasta meals (see 132) and toasted ravioli (see 154). Excludes products that are only unstuffed noodles (e.g. frozen linguini, frozen egg noodles).	92	-	255	160	270
135	Refrigerated Meals and Sides	Refrigerated meals and sides not already captured in more specific categories (e.g. pizzas, meat products, breakfast bakery products). Examples include "heat and eat" macaroni and cheese, stuffing, pot pies, quiches, and spaghetti and meatballs. Excludes refrigerated snack packs (see 120), refrigerated handheld meals (see 136), refrigerated par-boiled pasta (see 137), and refrigerated meal kits (see 138).	67	-	455	300	450
136	Refrigerated Handheld Meals	Refrigerated handheld meals. Examples include sandwiches, burritos, wraps, pocket sandwiches, tamales, and burgers on buns. Excludes refrigerated corn dogs and hot dogs on buns (see 129 - P) and refrigerated breakfast sandwiches and breakfast burritos (see 130 - P and 131 - P).	215	-	631	370	650
137	Refrigerated Pasta	Refrigerated par-boiled stuffed pasta that either needs to be cooked on the stove or in the oven with a separate sauce or finished with a separate sauce. Examples include ravioli, tortellini, stuffed pasta shells, and manicotti. Includes gnocchi. Excludes pierogis (see 154) and microwaveable refrigerated pasta meals (see-135). Excludes products that are only unstuffed noodles (e.g. refrigerated linguini, refrigerated egg noodles).	25	-	478	400	530
138	Refrigerated Meal Kits	Refrigerated, multi-component complete meals that come with a side, dessert, and/or beverage. An example is a cracker sandwich kit that comes with a drink and candy bar. Excludes products without a side, dessert, and/or beverage (see 120). Excludes products that require outside additions (e.g. additional meat or cheese). Data provided excludes the beverage component of the meal.	25	-	590	480	680
139	Shelf Stable Meals	Shelf stable ready-to-eat and "heat and eat" meals. Examples include canned pasta meals, canned pork and beans, canned chili, and microwaveable seasoned rice pouches. Excludes dry mix products requiring the addition of ingredients (e.g. water, milk) before eating (see 28, 142), shelf stable vegetables (see 19), and soup (see 39).	114	-	355	230	370

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140	Shelf Stable Meal Kits	Shelf stable meal kits that require other main ingredient additions (e.g. meat or cheese) while preparing the meal. Examples include taco dinner kits requiring added ground beef and pizza kits requiring added mozzarella cheese. Excludes dry mix meals requiring the addition of meat or seafood during cooking (see 141).	12	-	969	860	1080
141	(a) Dry Mix Meals and Sides - Meat Added - LIQUID SEASONING/SAUCE	Dry mix meals and sides that require the addition of meat or seafood while preparing the meal. Requirement is based on the primary cooking directions/instructions provided on the product packaging. Examples include pasta or rice meals requiring added meat and sauce and stir fry meals requiring added meat and sauce. Data provided in dry mix form ("as packaged").	6	-	1033	930	1230
141	(b) Dry Mix Meals and Sides - Meat Added - DRY SEASONING	Dry mix meals and sides that require the addition of meat or seafood while preparing the meal. Requirement is based on the primary cooking directions/instructions provided on the product packaging. Examples include dry pasta meals requiring added ground beef, dry rice meals requiring added sausage, and dry stir fry meals requiring added chicken. Data provided in dry mix form ("as packaged").	30	-	1506	1360	1800
142	(a) Dry Mix Meals and Sides - No Meat Added - LIQUID SEASONING/SAUCE	Dry mix meals and sides that do not require the addition of meat or seafood while preparing the meal. Requirement is based on the primary cooking directions/instructions provided on the product packaging. Examples include dry pasta and sauce mix and Asian noodles and sauce mix. Excludes instant potato products (see 28). Data provided in dry mix form ("as packaged").	20	-	837	780	960
142	(b) Dry Mix Meals and Sides - No Meat Added - DRY SEASONING	Dry mix meals and sides that do not require the addition of meat or seafood while preparing the meal. Requirement is based on the primary cooking directions/instructions provided on the product packaging. Examples include dry pasta and powder sauce mix, stuffing mix, pasta salad mix, rice and beans mix, and couscous mix. Excludes instant potato products (see 28). Data provided in dry mix form ("as packaged").	97	-	950	860	1120
143 - R	Meat/Poultry-based Dishes	Meat or poultry-based dishes served with additions and sauce/gravy. Examples include steak marsala with mushrooms, shepherd's pie, chicken parmigiana, pot roast, beef bourguignon, and meat and vegetable stir fry. Additions include vegetables, cheese, or other meat as toppings (e.g. bacon). Includes sausage-based dishes. Excludes dishes where meat is served with a grain (see 147 - R) and dishes that come with a combination of meats/seafood (e.g. both chicken and salmon) (see 149 - R).	72	12	520	280	450
144 - R	Seafood-based Dishes - Not Breaded	Seafood-based dishes and single items where seafood is not breaded nor battered. May be served with vegetables, sauce, or other seafood. Examples include shrimp scampi, steamed mussels, lobster tail, scallops, and shrimp and vegetable stir fry. Includes seafood wrapped in bacon and seafood-stuffed mushrooms. Excludes dishes served with a grain (see 147 - R) or meat item (see 149 - R).	48	11	728	450	830

Food Category ID P=Packaged R=Restaurant	Food Category Name ²	Food Category Description	2022 Baselines ³ Sample Size ⁴ Number of products /items	2022 Baselines ³ Sample Size ⁵ Number of restaurants (restaurant categories only)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Upper Bound ⁷ (mg sodium per 100g)
145 - R	Seafood-based Dishes - Breaded	Seafood-based dishes and single items where seafood is breaded and/or battered. May be served with vegetables, sauce, or other seafood. Examples include calamari, fish sticks, crab cakes, clam strips, and fried shrimp and other shellfish. Includes seafood served with condiments (e.g. tartar sauce). Excludes dishes served with a grain (see 147 - R) or meat item (see 149 - R).	27	10	481	400	580
146 - R	Egg-based Dishes	Egg-based dishes and seasoned single item eggs. Examples include scrambled eggs, omelets, quiches, benedicts, and huevos rancheros. Includes dishes that use only egg whites. Excludes egg dishes served with sides (e.g. omelet served with hash browns) (see 149 - R) and egg salad (see 153 - R).	65	14	328	280	350
147 - R	Grain-based Dishes	Grain-based dishes where grain constitutes a portion of the dish and single item grain dishes. Examples of main dishes include fried rice, jambalaya, pasta dishes, Asian-style noodle dishes, savory crepes, pot pies, and soup served in a bread bowl. Examples of single item grain dishes include rice pilaf, seasoned rice, stuffing, and rice and beans. Items may contain additions (e.g. meat, seafood, vegetables, sauce) as long as there is a type of grain present. Excludes grain dishes without seasoning (e.g. white rice).	242	28	424	250	420
148 - R	Vegetable-based Dishes	Vegetable-based dishes and single item vegetable dishes. Examples of main dishes include vegetable casseroles, vegetable au gratin, stir fried vegetables, and stuffed eggplant. Examples of single item vegetable dishes include vegetables with seasoning or sauce (e.g. glazed carrots), mixed vegetables, and stuffed mushrooms. Includes bean and legume dishes (e.g. bean and cheese cup). Includes vegetable-based dishes with meat substitutes (e.g. tofu). Excludes vegetables served with a grain item (see 147 - R) or a meat item (see 149 - R). Excludes vegetables without seasoning and single item peppers that are marinated or pickled.	153	29	393	270	440
149 - R	Combination Meals/Platters	Dishes, entrees, and platters where different targeted food items are served on the same plate or as part of the same meal. Examples include burgers with fries, steak served with mashed potatoes and vegetables, salad and soup, breakfast or appetizer platters, and steak and lobster (i.e. "surf and turf") meals. Includes biscuits with gravy. Excludes all other mixed ingredient dishes (see 143 -R and 148 - R).	386	26	537	340	510

Table 1.14. Salads

Food Category ID P=Packaged R=Restaurant	Food Category Name ²	Food Category Description	2022 Baselines ³ Sample Size ⁴ Number of products /items	2022 Baselines ³ Sample Size ⁵ Number of restaurants (restaurant categories only)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Upper Bound ⁷ (mg sodium per 100g)
150 - R	Lettuce/Green Salads with Dressing	Lettuce/greens-based salads with dressing and additions/toppings that contain added sodium. Examples include Caesar salad, Cobb salad, taco salad, and wedge salad. Additions include meat, beans, croutons, cheese, eggs, and nuts.	158	27	313	220	390
151 - R	Lettuce/Green Salads without Dressing	Lettuce/greens-based salads with additions/toppings that contain added sodium, but without dressing. Examples include Caesar salad, Cobb salad, taco salad, and wedge salad. Additions include meat, beans, croutons, cheese, eggs, and nuts. Data provided excludes the dressing component of the dish.	75	15	235	150	270
152	Meat/Seafood Salads	Meat, seafood, and poultry-based salads. Examples include chicken salad, tuna salad, ham salad, and shrimp salad. Includes products that have pasta and other additions (e.g. tuna and pasta salad). Includes salads made with imitation meat/seafood/poultry. Excludes products that come with crackers (see 120).	45	-	496	420	620
153 - P	Grain/Vegetarian Salads	Grain, non-leafy vegetable, and egg-based salads. Examples include pasta salad, potato salad, egg salad, bean salad, and coleslaw. Excludes canned products (e.g. canned German potato salad, canned four bean salad) (see 19) and products that have meat/seafood/poultry ingredients (e.g. tuna and pasta salad) (see 152). Excludes lettuce/green salads.	69	-	436	240	440
153 - R	Grain/Vegetarian Salads	Grain, vegetable, and egg-based salads. Examples include macaroni salad, potato salad, egg salad, coleslaw, carrot and raisin salad, and bean salad. Excludes lettuce/green-based salads (see 150 - R and 151 - R). Excludes items that have meat/seafood/poultry ingredients (e.g. tuna and pasta salad) (see 152). Excludes caprese salad and fruit salad.	42	15	273	240	310

Table 1.15. Other Combination Foods

Food Category ID P=Packaged R=Restaurant	Food Category Name ²	Food Category Description	2022 Baselines ³ Sample Size ⁴ Number of products /items	2022 Baselines ³ Sample Size ⁵ Number of restaurants (restaurant categories only)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3-year) Upper Bound ⁷ (mg sodium per 100g)
154	Packaged Appetizers	Frozen and refrigerated appetizers. Examples include egg rolls, spring rolls, dumplings, taquitos, pigs in a blanket, mozzarella sticks, quesadillas, fried ravioli, pizza bagels, and pierogis. Includes miniature versions of some frozen meal products (e.g. mini quiches, mini tacos, mini sandwiches). Includes breadsticks stuffed with cheese and meat. Includes stuffed jalapenos but excludes all other breaded vegetables (see 21 - P). Excludes breaded shrimp and crab cakes (see 108).	79	-	481	380	500
155 - R	Filled Dough Appetizers	Savory filled dough appetizers. Examples include wontons, dumplings, spring/egg rolls, empanadas, toasted ravioli, and fried macaroni and cheese balls. Includes items with both meat and vegetarian fillings. Includes fried, steamed, and grilled items. Includes items served with sauce or condiments on the side.	22	8	485	290	470
156 - R	Cheese-based Appetizers	Savory cheese-based appetizers. Examples include mozzarella sticks, cheese curds, and cheese-stuffed jalapenos. Includes items with sauce or condiments on the side.	13	10	860	540	870
157 - P	Pizza with Meat/Poultry/Seafood	Frozen and refrigerated pizzas that come with meat, poultry, and/or seafood toppings. Includes calzones, strombolis, flatbread pizzas, and complete pizza kits. Includes gluten-free pizzas, pizzas with plant-based meat toppings, and breakfast pizzas. Excludes pizza-flavored/stuffed handheld meals (see 133, 136) and pizza rolls, pizza bagels, and other miniature pizza appetizers (see 154).	92	-	550	470	550
157 - R	Pizza with Meat/Poultry/Seafood	Pizzas that come with meat, poultry, and/or seafood toppings. Includes calzones, strombolis, flatbread pizzas, and pizza strips. Includes pizza appetizers (e.g. pizza skins, stuffed pizza rolls).	278	6	600	470	600
158 - P	Pizza without Meat/Poultry/Seafood	Frozen and refrigerated pizzas that come with toppings that are not meat, poultry, or seafood. Includes calzones, strombolis, flatbread pizzas, and complete pizza kits. Includes gluten-free pizzas and dessert pizzas. Excludes pizza-flavored/stuffed handheld meals (see 133, 136) and pizza rolls, pizza bagels, and other miniature pizza appetizers (see 154).	49	-	489	310	470
158 - R	Pizza without Meat/Poultry/Seafood	Pizzas that come with toppings that are not meat, poultry, or seafood. Includes calzones, strombolis, flatbread pizzas, and pizza strips. Includes pizza appetizers (e.g. pizza skins, stuffed pizza rolls).	33	6	479	310	470
159 - R	Tacos and Burritos	Tacos and burritos. Includes vegetarian tacos and burritos. Includes tacos and burritos served with condiments or sauce (e.g. salsa, sour cream, guacamole, pico de gallo). Excludes breakfast tacos and burritos (see 131 - R) and tacos and burritos served with sides (e.g. rice and beans) (see 149 - R).	134	13	499	300	460
160 - R	Other Mexican Dishes	Other Mexican-style dishes that are not tacos or burritos (e.g. quesadillas, nachos, fajitas, taquitos, tamales). Includes vegetarian items. Includes items served with condiments or sauce (e.g. salsa, sour cream, guacamole, pico de gallo). Excludes breakfast items (see 131 - R), items served with sides (e.g. rice and beans) (see 149 -R), and taco salads (see 150 - R and 151 - R). Excludes chips served with queso or cheese sauce.	142	12	455	310	520

Table 1.16. Toddler/Baby Food

Food Category ID P=Packaged R=Restaurant	Food Category Name ²	Food Category Description	2022 Baselines ³ Sample Size ⁴ Number of products /items	2022 Baselines ³ Sample Size ⁵ Number of restaurants (restaurant categories only)	Phase II (3- year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3- year) Sales Weighted Mean ⁶ (mg sodium per 100g)	Phase II (3- year) Upper Bound ⁷ (mg sodium per 100g)
161	Toddler Meals	Meals and entrees labeled/intended for toddlers (ages 12 months and up). Examples include microwaveable frozen meals, shelf stable meals, and soups. Excludes pureed/strained fruit/vegetables and other baby foods. Excludes oatmeal/cereal products. Excludes products marketed for older ages (preschoolers or 'kids') (see respective product categories).	12	-	183	170	210
162	Baby/Toddler Cookies	Cookies and grain-based bars labeled/intended for toddlers and/or babies. Examples include rusks, teething biscuits, arrowroot cookies, and fruit-filled cereal bars. Excludes products marketed for older ages (preschoolers or 'kids') (see respective product categories).	19	-	198	190	260
163	Baby/Toddler Puffed Snacks	Seasoned extruded/puffed grain snacks labeled/intended for toddlers and/or babies. Excludes products marketed for older ages (preschoolers or 'kids') (see respective product categories).	9	-	427	420	520

1. Additional details can be found in the memorandum: Food and Drug Administration, “Memo: FDA’s Voluntary Sodium Reduction Goals Supplementary Memorandum to the Draft Guidance” (2016).
2. Represents a grouping of food products at the level for which a sodium reduction target is proposed. The category product inclusions are not confined to a specific industry sector (e.g. packaged foods, prepared foods) or points of purchase.
3. The amount of sodium in a category that represents the 2022 U.S. food supply. Baselines were calculated using product nutrition information from commercially available databases and public websites. Item level IRI sales data was used to calculate sales-weighted means for packaged foods and restaurant chain total annual sales for the top 100 chain restaurants were used to weight items at major restaurant chains.
4. Sample sizes provided for package data calculations represent the number of products used in top 80% of sales category calculations. Each calculation also includes individual product weighting by sales volume. Sample sizes for restaurant data represent the amount of data available and used for each category baseline calculation. Both the number of restaurants and the number of individual products are provided. Calculations were weighted by restaurant chain annual sales as opposed to individual item sales due to current data availability.
5. A measurement of sodium content calculated by weighting individual products by sales volume. The sales-weighted sodium measures used throughout the guidance are defined as the average sodium content in milligrams per 100 grams of all products in a food category except where otherwise stated. A sales-weighted mean gives more weight to items that sell more, thereby providing a preferred monitoring metric for evaluating future sodium reduction progress.
6. The goal sodium concentration level for the category in milligrams per 100g, calculated as the sales-weighted mean sodium level.
7. The goal upper bound sodium content of an individual food product or menu item included in a food category.
8. Sodium concentration values for baselines and targets are provided in mg/100ml for packaged food data
9. The common usage of the term “biscuit” in the U.S. applies

NOTES

- P = Packaged; R = Restaurant (baseline values are based on data available for P and R).
- All values are in milligrams (mg) per 100 grams (g) unless noted otherwise.
- All calculations exclude products with no added sodium.
- Baselines and targets include products labeled low/reduced sodium.
- The target mean levels and upper bounds are for food categories and products, respectively, and can be used by firms to assess their own portfolios.