

# Nutrisystem® ~ Sodium Chart ~

The Nutrisystem® Program, when eaten with the recommended grocery foods, meets national sodium intake guidelines for a healthy diet. Programs can be further customized to meet the needs of an even lower sodium diet. The following list can be used as a guide to help you create the meal plan that works best for you. For assistance creating a meal plan that meets your health and dietary needs, please contact one of our counselors at 1-800-585-5483.

<b>Breakfast</b>	<b>Sodium (mg.)</b>
Peanut Butter Granola Bar	95
Cinnamon Bun Bar	100
Apple Strudel Bar	120
Sweetened O's Cereal	140
Chewy Chocolate Chip Granola Bar	150
Granola Cereal	155
Whole Grain O's Cereal	165
Harvest Nut Bar	170
Cinnamon Roll (frozen)	180
Chocolate Frosted Donut	190
Golden French Toast (frozen)	210
Chocolate Chip Scone	200
Pancake Mix	175
Maple Brown Sugar Oatmeal	205
Cinnamon Bun	210
Apple Cinnamon Oatmeal	235
Cinnamon Streusel Muffin	240
Cranberry Orange Pastry	240
Honey Wheat Bagel	250
Apple Strudel Scone	270
Double Chocolate Muffin	270
Buttermilk Waffles (frozen)	270
Homestyle Pancakes (frozen)	250
Bran Flakes Cereal	275
Breakfast Burrito (frozen)	280
Blueberry Muffin	290
Canadian Bacon & Egg White Biscuit (frozen)	300
Egg & Turkey Sausage Roll (frozen)	310
Turkey Sausage and Egg Muffin (frozen)	310
Maple Flavored Breakfast Patty	320
Vegetable Scramble	325
Banana Nut Muffin	350
Garden Vegetable Omelet (frozen)	350
Turkey Ham and Cheese Omelet (frozen)	360
Biscuits & Gravy Mix	420

<b>Lunch</b>	<b>Sodium (mg.)</b>
Chocolate Raspberry Bar	150
Double Chocolate Caramel Bar	170
Peanut Butter Jelly Bar	190
Fudge Graham Bar	200
Chocolate Peanut Butter Bar	210
Trail Mix Bar	300
Roasted Vegetable Pizza (frozen)	320
Margherita Pizza (frozen)	350
Cheesy Homestyle Potatoes	360
Chicken Salad	250
Chicken Fajita Melt (frozen)	380
Chicken Parmesan Pasta	390
Tuna Salad	280
Chicken Tacos (frozen)	400
Chicken Parmesan Melt (frozen)	420
Beef, Cheese & Bean Burrito (frozen)	470
Black Beans & Rice	480
Homestyle Chicken	480
Mexican-Style Tortilla Soup	500
Meatball Parmesan Melt (frozen)	500
Chicken & Cheese Quesadilla (frozen)	510
Steak & Cheese Melt (frozen)	510
Hamburger (frozen)	520
Red Beans and Rice	530
Spicy Kung Pao Noodles	530
Italian-Style Turkey & Italian Sausage Melt (frozen)	540
Vegetable Beef Soup	540
Beans & Ham Soup	550
Cheese Tortellini	550
Fettucine Alfredo	550
Split Pea Soup	560
Loaded Baked Potato	570
Pasta & Beef	570
Southwest Fiesta Melt (frozen)	570
Chicken Cacciatore	590
Chicken Noodle Soup	590
Wedding Soup	590
Three Cheese Chicken	600
White Bean Chicken Chili	600

<b>Dinner</b>	<b>Sodium (mg.)</b>
Grilled Chicken Breast	230
Flame Broiled Hamburger	270
Mushroom Stuffed Chicken Breast (frozen)	320

Hickory Smoked Beef Patty	280
Margherita Pizza	350
Chicken Primavera (frozen)	370
Homestyle Beef & Potatoes	410
Chicken Enchilada (frozen)	450
Turkey Pepperoni and Italian Sausage Pizza (frozen)	470
Meatloaf & Mashed Potatoes	490
Cajun Style Chicken & Sausage	500
Vegetable Fajita Mix	500
Beef & Wedged Potatoes	510
Broccoli and Cheese Stuffed Chicken Breast (frozen)	510
Hearty Beef Stew	530
Stuffed Shells (frozen)	530
Vegetable Lasagna	540
Macaroni & Cheese	550
Turkey & Stuffing	550
Beef with Rice and Beans	560
Ravioli in Meat Sauce	560
Chili with Beans	560
Chicken & Dumplings	570
Roast Beef & Gravy with garlic mashed potatoes	570
Sweet and Sour Chicken (frozen)	570
Thick Crust Pizza	570
Italian Herb Flatbread Pizza	580
Mushroom Risotto	580
Spaghetti with Meat Sauce	580
Chicken Primavera	590
Chicken Pot Pie	590
Creamy Risotto	590
Lasagna with Meat Sauce	590
Macaroni & Cheese with Beef	590
Tuna Casserole	590
Roasted Turkey Medallions (frozen)	590
Chicken Pasta Parmesan	600
Pasta Fagioli Soup	600
Ravioli Formaggio (frozen)	600
Rotini & Meatballs in Tomato Sauce	600
Sloppy Joe Mix	600
Vegetarian Chili	600
Ravioli in Basil Tomato Sauce	620
Chicken Tortilla Soup	680

<b>Dessert</b>	<b>Sodium (mg.)</b>
Peppermint Cookie Patty	20
NutriChocolates	35
Chocolatey Nougat Bar	45
Double Chocolate Almond Cookie	50

Chocolate Brownie Sundae (frozen)	50
Milk Chocolate Flavored Pretzels	70
Chocolatey Delight Bar	70
Coconut Almond Bar	80
Walnut Chocolate Chip Cookies	80
Chocolate Chip Cookies	85
Fudge Bar (frozen)	90
Orange Crème Bar (frozen)	90
Chewy Peanut Bar	115
Oatmeal Raisin Cookie	115
Chocolate Peanut Butter Bar	125
White Chocolate Chunk Cookies	125
Stuffed Apple Pie (frozen)	125
Ice Cream Sandwich (frozen)	130
Popcorn	140
Oatmeal Chocolate Chunk Cookie	140
Thin Mint Crisp Bar	140
Chocolate Caramel Bar	150
Red Velvet Whoopie Pie (frozen)	150
Carrot Cake Whoopie Pie (frozen)	150
Chocolate Chip Pudding Mix	165
Carrot Cake	170
Carrot Cake (frozen)	170
Cheesecake Flavored Bar	180
Peanut Butter Cookie	180
Chocolatey Pretzel Bar	210
Chocolate Cheesecake (frozen)	210
Pretzels	230
Chocolate Cake	250
Golden Pound Cake	250
Honey Mustard Pretzel Bits	260
Cheese Puffs	270
Nacho Cheese Tortilla Chips	280
Zesty Herb Snack Mix	290
Fudge Brownie	300
Butterscotch Pudding Mix	335

<b>Protein Drinks</b>		Sodium (mg.)
Refreshing Coffee Shake Mix		60
Creamy Chocolate Shake Mix		120
Smooth Vanilla Shake Mix		125
Sweet Strawberry Shake Mix		125

<b>Grocery Additions</b>		Sodium (mg.)
Maple Agave Syrup		0
Blue Agave Nectar		0

Balsamic Vinaigrette	125
Red Wine Vinaigrette	135
Creamy Garlic Dressing	140
Ranch Dressing	140