



## FDA Food Categories and Voluntary Targets

Explanation of  
*Appendix Table 1. Voluntary Sodium Reduction Goals: Target Mean and Upper Bound Concentrations for Sodium in Commercially Processed, Packaged, and Prepared Foods*  
From  
*Voluntary Sodium Reduction Goals: Target Mean and Upper Bound Concentrations for Sodium in Commercially Processed, Packaged, and Prepared Foods: Guidance for Industry*

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Table 1 summarizes the results of our analysis of the sodium content of the food supply in 2010 and identifies short-term (2.5-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 Please refer to FDA's Voluntary Sodium Reduction Goals Supplementary Memorandum to the Draft Guidance to review information on our approach to establishing these goals (targets and upper bounds).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 data<sup>1</sup>. 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 in to order 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 particular category. This contrasts with target mean concentrations, which apply to each food category as a whole, rather than an individual food item.



**Tables 1.01-1.16: Voluntary Sodium Reduction Goals: Target Mean and Upper Bound Concentrations for Sodium in Commercially Processed, Packaged, and Prepared Foods**

**Table 1.01 Dairy - Categories and Targets**

Food Category ID	Food Category Name <sup>1</sup>	Food Category Description	2010 Baseline <sup>2</sup> Sample Size <sup>3</sup> Number of products/items	2010 Baseline <sup>2</sup> Sample Size <sup>3</sup> Number of restaurants (restaurant categories only)	2010 Baseline <sup>2</sup> Sales Weighted Mean <sup>4</sup> (mg sodium per 100g)	Short Term Targets Sales Weighted Mean <sup>5</sup> (mg sodium per 100g)	Short Term Targets Upper Bound <sup>6</sup> (mg sodium per 100g)
1	Cottage Cheese	Cottage cheese. Includes cottage cheese with additions (e.g. fruit, herbs). Includes farmer cheese.	133	-	360	340	420
2 - P	Cream Cheese	Cream 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) (see 3, 5).	18	-	403	380	460
2 - R	Cream Cheese	Cream cheese. Includes flavored cream cheese (e.g. strawberry cream cheese) and cream cheese with additions (e.g. herbs, garlic).	38	8	433	380	460
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.	13	-	533	500	660
4	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.	78	-	709	670	810
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.	21	-	1139	1080	1240



Food Category ID	Food Category Name <sup>1</sup>	Food Category Description	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	Short Term Targets	Short Term Targets
			Sample Size <sup>3</sup>	Sample Size <sup>3</sup>	Sales Weighted Mean <sup>4</sup> (mg sodium per 100g)	Sales Weighted Mean <sup>5</sup> (mg sodium per 100g)	Upper Bound <sup>6</sup> (mg sodium per 100g)
P = Packaged R = Restaurant							
6	Soft Hispanic Cheese	Soft, fresh Hispanic cheeses. Examples include Queso Blanco, Queso Fresco, Queso Panela, and Queso Para Freir. Excludes Requeson.	12	-	749	710	850
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.	26	-	1235	1190	1450
8	Gouda and Edam Cheese	Gouda and edam cheeses. Includes sliced, shredded, and block/chunk products. Includes miniature snack varieties.	9	-	816	770	910
9	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.	57	-	650	620	740
10	Cheddar and Colby Cheese	Cheddar and colby cheeses. Includes both sharp and mild varieties of cheddar cheese. Includes sliced, shredded, and block/chunk products.	186	-	659	620	740
11	Parmesan and Other Hard Cheese	Parmesan, romano, asiago, and similar hard cheeses. Includes Hispanic hard cheeses (e.g. Cotija).	36	-	1579	1500	1820
12	Swiss Cheese	Swiss and swiss-type cheeses. Examples include baby swiss, lacy swiss, emmentaler, gruyere, and Jarlsberg. Includes sliced, shredded, and block/chunk products.	28	-	218	200	240
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 P - 2) and aerosol can products (see 14).	58	-	814	770	1000



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14	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).	30	-	1351	1280	1550
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.	11	-	1120	1050	1230



**Table 1.02: Fats, Oils, and Dressings- Categories and Targets**

Food Category ID	Food Category Name <sup>1</sup>	Food Category Description	2010 Baseline <sup>2</sup> Sample Size <sup>3</sup> Number of products/items	2010 Baseline <sup>2</sup> Sample Size <sup>3</sup> Number of restaurants (restaurant categories only)	2010 Baseline <sup>2</sup> Sales Weighted Mean <sup>4</sup> (mg sodium per 100g)	Short Term Targets Sales Weighted Mean <sup>5</sup> (mg sodium per 100g)	Short Term Targets Upper Bound <sup>6</sup> (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 P - 17).	15	-	670	590	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 R - 17).	12	9	639	590	720
17 - P	Margarine	Regular and light margarine and vegetable oil sticks and spreads. Includes butter blends, flavored products, and sprays.	34	-	735	640	820
17 - R	Margarine	Margarine spreads. Includes butter blends and flavored margarine (e.g. garlic margarine). Includes melted margarine.	12	8	658	640	820
18 - P	Salad Dressing <sup>7</sup>	Refrigerated and shelf stable salad dressings. Includes both vinegar and oil dressings and creamy dressings. Excludes salad dressing dry mixes (see 61).	187	-	827	690	980
18 - R	Salad Dressing <sup>7</sup>	Salad dressings. Includes both vinegar and oil dressings and creamy dressings. Includes ranch and blue cheese dipping sauces.	262	45	968	800	1050



**Table 1.03: Fruits, Vegetables, and Legumes- Categories and Targets**

Food Category ID	Food Category Name <sup>1</sup>	Food Category Description	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	Short Term Targets	Short Term Targets
			Sample Size <sup>3</sup>	Sample Size <sup>3</sup>	Sales Weighted Mean <sup>4</sup> (mg sodium per 100g)	Sales Weighted Mean <sup>5</sup> (mg sodium per 100g)	Upper Bound <sup>6</sup> (mg sodium per 100g)
<i>P = Packaged R = Restaurant</i>							
19	Shelf Stable Vegetables	Shelf stable seasoned vegetables and legumes. Includes products that are marinated, creamed, and in sauce. Includes canned tomatoes and potatoes. Includes refried beans. Excludes pastes, purees, and dried products. Excludes peppers, pickles (see P - 29), and other pickled vegetables. Excludes products that include meat (e.g. beans with ham) (see 139).	304	-	309	290	370
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, P - 27).	101	-	254	190	300
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).	12	-	484	420	620
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 R - 156).	35	22	558	480	660
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.	35	-	438	380	510
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.	52	38	377	300	470



Food Category ID	Food Category Name <sup>1</sup>	Food Category Description	2010 Baseline <sup>2</sup> Sample Size <sup>3</sup> Number of products/items	2010 Baseline <sup>2</sup> Sample Size <sup>3</sup> Number of restaurants (restaurant categories only)	2010 Baseline <sup>2</sup> Sales Weighted Mean <sup>4</sup> (mg sodium per 100g)	Short Term Targets Sales Weighted Mean <sup>5</sup> (mg sodium per 100g)	Short Term Targets Upper Bound <sup>6</sup> (mg sodium per 100g)
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).	20	11	510	450	600
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).	28	20	565	480	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 R - 27).	17	16	309	280	350
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).	22	-	327	280	350
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 R-26). Excludes plain potatoes with only toppings or additions that are not targeted (e.g. potato with sour cream or chives).	48	18	394	280	430
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").	29	-	1971	1670	2180



<b>Food Category ID</b>	<b>Food Category Name<sup>1</sup></b>	<b>Food Category Description</b>	<b>2010 Baseline<sup>2</sup> Sample Size<sup>3</sup> Number of products/items</b>	<b>2010 Baseline<sup>2</sup> Sample Size<sup>3</sup> Number of restaurants (restaurant categories only)</b>	<b>2010 Baseline<sup>2</sup> Sales Weighted Mean<sup>4</sup> (mg sodium per 100g)</b>	<b>Short Term Targets Sales Weighted Mean<sup>5</sup> (mg sodium per 100g)</b>	<b>Short Term Targets Upper Bound<sup>6</sup> (mg sodium per 100g)</b>
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 mixed products that contain more than pickles (pickled garden mixes). Excludes relish.	74	-	922	820	1040
29 - R	Pickles	Pickled cucumbers. Examples include dill pickles, sweet pickles, and kosher pickles. Excludes other pickled vegetables (e.g. peppers, beets). Excludes relish.	8	6	1134	860	1070
30	Sauerkraut	Shelf stable and refrigerated sauerkraut. Includes all styles (e.g. traditional, bavarian, fancy).	29	-	653	580	710
31 - P	Olives without Additions	Shelf stable and refrigerated olives that are neither stuffed nor come with additions (e.g. pimentos, capers, peppers). Excludes products packed in oil or sauce (see 32).	31	-	753	720	850
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.	8	5	988	720	850
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.	57	-	1802	1650	2170
33	Vegetable Juice <sup>7</sup>	Vegetable-based juices, drinks, and cocktails containing added seasoning. Examples include tomato juices, reconstituted vegetable juice blends, and carrot-based drinks.	20	-	180	160	240





**Table 1.04 Nuts and Seeds - Categories and Targets**

Food Category ID	Food Category Name <sup>1</sup>	Food Category Description	2010 Baseline <sup>2</sup> Sample Size <sup>3</sup> Number of products/items	2010 Baseline <sup>2</sup> Sample Size <sup>3</sup> Number of restaurants (restaurant categories only)	2010 Baseline <sup>2</sup> Sales Weighted Mean <sup>4</sup> (mg sodium per 100g)	Short Term Targets Sales Weighted Mean <sup>5</sup> (mg sodium per 100g)	Short Term Targets Upper Bound <sup>6</sup> (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. Includes mixed nuts. Data provided in shelled form (without shell).	27	-	710	600	950
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. Includes both snack nuts and baking nuts, if seasoned. Includes mixed nuts. Excludes soy nuts, corn nuts, and edamame.	99	-	439	370	570
35 - R	Nuts and Seeds - Not in Shell	Seasoned nuts and seeds with no shell (e.g. "shelled", "hulled"). Examples include pecans and sunflower seeds. Excludes nut mixes with additions (e.g. dried fruit) and soy nuts.	6	6	377	370	570
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).	30	-	454	400	490



**Table 1.05 Soups - Categories and Targets**

Food Category ID	Food Category Name <sup>1</sup>	Food Category Description	2010 Baseline <sup>2</sup> Sample Size <sup>3</sup> Number of products/items	2010 Baseline <sup>2</sup> Sample Size <sup>3</sup> Number of restaurants (restaurant categories only)	2010 Baseline <sup>2</sup> Sales Weighted Mean <sup>4</sup> (mg sodium per 100g)	Short Term Targets Sales Weighted Mean <sup>5</sup> (mg sodium per 100g)	Short Term Targets Upper Bound <sup>6</sup> (mg sodium per 100g)
37	Broth and Stock <sup>7</sup>	Liquid broths and stocks. Excludes condensed broth and stock (see 38). Excludes concentrates and pastes.	29	-	295	260	340
38	Condensed Soup <sup>7</sup>	Shelf stable soups labeled as condensed and/or requiring the addition of water or milk. Includes condensed broths and stocks. Data provided in condensed form ("as packaged").	34	-	584	540	720
39	Shelf Stable Soup <sup>7</sup>	Ready-to-Heat/Ready-to-Eat shelf stable soups. Excludes broths and stocks (see 37), soups requiring the addition of water or milk (see P - 38), and shelf stable chili (see 139).	124	-	273	240	330
40	Refrigerated Soup	Refrigerated soup. Excludes refrigerated broths and stocks (see 37). Excludes other soup starters and bases.	6	-	369	320	410
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 R - 143), and soups in bread bowls (see R - 147).	200	26	399	340	420
42	Dry Soup Mix	Dry soup mixes that require the addition of hot water before eating. Examples include dry ramen noodles, instant noodle soups, bean soup mix, and lentil soup mix. Excludes bouillon (see 43). Data provided in dry mix form ("as packaged").	38	-	1913	1650	2040
43	Bouillon	Dehydrated bouillon cubes and powders. Includes vegetarian and vegan options. Excludes pastes.	21	-	21992	19350	23950



**Table 1.06 Sauces, Gravies, Dips, Condiments, and Seasonings - Categories and Targets**

Food Category ID  <i>P = Packaged R = Restaurant</i>	Food Category Name <sup>1</sup>	Food Category Description	2010 Baseline <sup>2</sup>  Sample Size <sup>3</sup>  Number of products/items	2010 Baseline <sup>2</sup>  Sample Size <sup>3</sup>  Number of restaurants (restaurant categories only)	2010 Baseline <sup>2</sup>  Sales Weighted Mean <sup>4</sup> (mg sodium per 100g)	Short Term Targets  Sales Weighted Mean <sup>5</sup> (mg sodium per 100g)	Short Term Targets  Upper Bound <sup>6</sup> (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 condiments (e.g. ketchup, steak sauce) (see P - 57).	98	-	451	380	510
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 R - 57).	24	19	542	420	530
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 products with additions (e.g. meat, black beans, tomatoes). Excludes products labeled as dips (see P - 53).	6	-	723	680	800
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 R - 53).	12	8	708	680	840
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 both with additions (e.g. meat, vegetables) and without.	9	-	631	540	710



Food Category ID	Food Category Name <sup>1</sup>	Food Category Description	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	Short Term Targets	Short Term Targets
			Sample Size <sup>3</sup>	Sample Size <sup>3</sup>	Sales Weighted Mean <sup>4</sup> (mg sodium per 100g)	Sales Weighted Mean <sup>5</sup> (mg sodium per 100g)	Upper Bound <sup>6</sup> (mg sodium per 100g)
P = Packaged R = Restaurant							
47	Pesto Sauce	Pesto sauces and spreads. Includes both traditional basil pesto and other flavors (e.g. sun-dried tomato, lemon artichoke).	5	-	969	790	1060
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 P - 58).	37	-	630	570	740
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 R - 58).	14	11	790	570	740
49 - P	Asian-style Sauce <sup>7</sup>	Asian-style cooking sauces, dipping sauces, and marinades. Includes both soy sauce-based sauces (e.g. teriyaki sauce, stir fry sauce, mandarin sauce, 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 duck sauce, plum sauce, sweet and sour sauce, and orange sauce.	50	-	2970	2220	3400
49 - R	Asian-style Sauce <sup>7</sup>	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 R - 18). Excludes duck sauce, plum sauce, sweet and sour sauce, orange sauce, and soy sauce.	17	9	1374	1310	1760
50	Soy Sauce <sup>7</sup>	Soy sauce. Includes gluten-free versions, such as tamari. Excludes Asian-style sauces or marinades made with soy sauce (see P - 49).	10	-	5774	5310	6590





Food Category ID	Food Category Name <sup>1</sup>	Food Category Description	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	Short Term Targets	Short Term Targets
			Sample Size <sup>3</sup>	Sample Size <sup>3</sup>	Sales Weighted Mean <sup>4</sup> (mg sodium per 100g)	Sales Weighted Mean <sup>5</sup> (mg sodium per 100g)	Upper Bound <sup>6</sup> (mg sodium per 100g)
P = Packaged R = Restaurant							
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).	115	-	688	580	770
56 - R	Vegetable/Fruit-based Dips and Spreads	Dips consisting primarily of vegetables and/or fruits. Examples include salsa, guacamole, and pico de gallo.	44	16	477	400	560
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 P - 49).	45	-	1090	910	1150
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 R - 49).	63	31	936	780	1100
58 - P	Hot Sauce <sup>7</sup>	Hot sauce condiments. Examples include pepper sauce, tabasco sauce, and buffalo wing sauce. Excludes hot taco sauce and enchilada sauce (see P - 48), hot barbecue sauce (see P - 57), and hot mustard (see P - 59). Excludes "sweet" hot sauce (e.g. mango and other sugar-based sauces with peppers).	32	-	2787	2360	3540
58 - R	Hot Sauce <sup>7</sup>	Hot sauce condiments. Examples include pepper sauce, buffalo/wing sauce, and restaurant-specific hot sauces. Excludes hot taco sauce and enchilada sauce (see R - 48), hot barbecue sauce (see R - 57), and hot mustard (see R - 59).	21	18	2234	1890	2440
59 - P	Mustard and Worcestershire	Mustard and Worcestershire sauce. Includes all varieties of mustard (e.g. spicy, yellow, hot, honey).	19	-	1154	980	1190
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.	39	22	699	650	850



Food Category ID	Food Category Name <sup>1</sup>	Food Category Description	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	Short Term Targets	Short Term Targets
			Sample Size <sup>3</sup> Number of products/items	Sample Size <sup>3</sup> Number of restaurants (restaurant categories only)	Sales Weighted Mean <sup>4</sup> (mg sodium per 100g)	Sales Weighted Mean <sup>5</sup> (mg sodium per 100g)	Upper Bound <sup>6</sup> (mg sodium per 100g)
60 - P	Mayonnaise and Tartar Sauce	Mayonnaise and tartar sauce. Includes mayonnaise substitutes and vegan products. Includes light and fat free variations.	48	-	689	590	730
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).	29	19	606	590	730
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, and dip 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 the blend. Excludes pastes, concentrates, and other products not in dry form.	137	-	10378	8800	12120
62	Batters and Coatings	Seasoned dry batters and coating mixes for meat, poultry, seafood, and vegetables. Excludes breadcrumbs (see P - 70).	48	-	3005	2520	3370



**Table 1.07 Cereals - Categories and Targets**

Food Category ID	Food Category Name <sup>1</sup>	Food Category Description	2010 Baseline <sup>2</sup> Sample Size <sup>3</sup> Number of products/items	2010 Baseline <sup>2</sup> Sample Size <sup>3</sup> Number of restaurants (restaurant categories only)	2010 Baseline <sup>2</sup> Sales Weighted Mean <sup>4</sup> (mg sodium per 100g)	Short Term Targets Sales Weighted Mean <sup>5</sup> (mg sodium per 100g)	Short Term Targets Upper Bound <sup>6</sup> (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.	145	-	551	460	630
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").	29	-	576	470	610
65 - P	Cooked Cereal	Cooked cereal. Examples include seasoned oatmeal and grits. Items may include additions (e.g. milk, fruit, margarine, cheese).	16	10	108	80	170





**Table 1.08 Bakery - Categories and Targets**

<b>Food Category ID</b>  <i>P = Packaged</i> <i>R = Restaurant</i>	<b>Food Category Name<sup>1</sup></b>	<b>Food Category Description</b>	<b>2010 Baseline<sup>2</sup></b>  <b>Sample Size<sup>3</sup></b>  <b>Number of products/items</b>	<b>2010 Baseline<sup>2</sup></b>  <b>Sample Size<sup>3</sup></b>  <b>Number of restaurants (restaurant categories only)</b>	<b>2010 Baseline<sup>2</sup></b>  <b>Sales Weighted Mean<sup>4</sup></b> <b>(mg sodium per 100g)</b>	<b>Short Term Targets</b>  <b>Sales Weighted Mean<sup>5</sup></b> <b>(mg sodium per 100g)</b>	<b>Short Term Targets</b>  <b>Upper Bound<sup>6</sup></b> <b>(mg sodium per 100g)</b>
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). Includes breads with additions (e.g. seeds, fruit, herbs). Excludes breads topped with garlic and/or cheese (see P - 68) and dessert/sweet quick breads (see P - 84).	308	-	496	410	550
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 R - 68) and dessert/sweet quick breads (see R - 84).	50	15	522	430	560
67 - P	Wheat and Mixed Grain Bread	Multigrain breads and other breads made from whole wheat flour. Includes various forms of bread (e.g. sandwich bread, loaves, rolls, hamburger and hot dog buns, pitas, flatbread). Includes breads labeled as wheat, even if not made from whole wheat. Includes breads made from sprouted wheat or wheat berries, oats, and oatmeal.	169	-	435	380	490
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	25	13	472	380	490



<b>Food Category ID</b>  <i>P = Packaged</i> <i>R = Restaurant</i>	<b>Food Category Name<sup>1</sup></b>	<b>Food Category Description</b>	<b>2010 Baseline<sup>2</sup></b>  <b>Sample Size<sup>3</sup></b>  <b>Number of products/items</b>	<b>2010 Baseline<sup>2</sup></b>  <b>Sample Size<sup>3</sup></b>  <b>Number of restaurants (restaurant categories only)</b>	<b>2010 Baseline<sup>2</sup></b>  <b>Sales Weighted Mean<sup>4</sup></b> <b>(mg sodium per 100g)</b>	<b>Short Term Targets</b>  <b>Sales Weighted Mean<sup>5</sup></b> <b>(mg sodium per 100g)</b>	<b>Short Term Targets</b>  <b>Upper Bound<sup>6</sup></b> <b>(mg sodium per 100g)</b>
		bread called wheat, even if not made from whole wheat. Includes breads made from oats or oatmeal.					
68 - P	Garlic and Cheese Bread	Bread topped with garlic and/or cheese. Includes soft breadsticks and breads made partially with cheese. Excludes breads with light cheese sprinkled on top (see P - 66-67) and soft breadsticks stuffed with cheese/pizza toppings (see 154).	19	-	602	550	700
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.	40	18	658	550	700
69 - P	Rye Bread	Rye and pumpernickel breads. Includes breads made primarily from rye flour (regardless of whether the product name includes the term 'rye').	41	-	623	530	700
69 - R	Rye Bread	Rye and pumpernickel breads. Includes toasted bread.	10	7	611	530	700
70 - P	Breadcrumbs and Croutons	Breadcrumbs and croutons. Includes all types of croutons. Includes both traditional seasoned breadcrumbs and other types (e.g. panko breadcrumbs, corn flake crumbs, cracker crumbs).	50	-	1353	1150	1620
70 - R	Breadcrumbs and Croutons	Croutons. Includes all types and flavors of croutons (e.g. garlic parmesan croutons). Restaurant dataset does not include breadcrumbs.	11	11	1114	1010	1260



Food Category ID	Food Category Name <sup>1</sup>	Food Category Description	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	Short Term Targets	Short Term Targets
			Sample Size <sup>3</sup>	Sample Size <sup>3</sup>	Sales Weighted Mean <sup>4</sup> (mg sodium per 100g)	Sales Weighted Mean <sup>5</sup> (mg sodium per 100g)	Upper Bound <sup>6</sup> (mg sodium per 100g)
P = Packaged R = Restaurant							
71 - P	Bagels and Soft Pretzels	Bagels and soft pretzels. Includes bialys, pretzel bread, bagel thins, and bagel holes. Excludes bagel sandwiches (see P - 131), pizza bagels (see 154), and filled/stuffed frozen pretzel appetizers (see 154).	48	-	447	390	510
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 R - 121-126, R - 131). Excludes pretzels and bagels with sauce.	102	11	482	420	530
72 - P	English Muffins	English muffins. Includes all varieties. Includes crumpets.	21	-	383	360	430
72 - R	English Muffins	English muffins. Includes toasted English muffins.	7	7	458	360	430
73 - P	Croissants	Croissants. Includes croissants with fillings (e.g. fruit, chocolate, cheese). Excludes refrigerated and frozen croissant dough (see 86-87).	5	-	225	210	290
73 - R	Croissants	Croissants. Includes croissants with fillings (e.g. chocolate, cheese).	8	6	342	270	350
74 - P	Biscuits <sup>8</sup>	Frozen and refrigerated biscuit dough. Includes biscuits with additions (e.g. cheese).	20	-	946	810	1020
74 - R	Biscuits <sup>8</sup>	Biscuits. Includes biscuits with sweet and savory toppings and/or additions (e.g. icing, honey, cinnamon, cheese, raisins). Excludes biscuits with gravy (see R - 149).	19	13	844	660	900
75 - P	Muffins	Muffins. Includes both sweet and savory flavors (e.g. chocolate chip, blueberry, banana nut, cheese). Includes miniature and muffin top varieties. Excludes cornbread and corn muffins (see P - 76) and muffin mix (see 88).	47	-	319	290	370



Food Category ID	Food Category Name <sup>1</sup>	Food Category Description	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	Short Term Targets	Short Term Targets
			Sample Size <sup>3</sup>	Sample Size <sup>3</sup>	Sales Weighted Mean <sup>4</sup> (mg sodium per 100g)	Sales Weighted Mean <sup>5</sup> (mg sodium per 100g)	Upper Bound <sup>6</sup> (mg sodium per 100g)
P = Packaged R = Restaurant							
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 R - 76).	77	9	354	290	370
76 - P	Cornbread and Corn Muffins	Cornbread and corn muffins. Includes miniature and muffin top varieties. Excludes cornbread mix and corn muffin mix (see 88).	7	-	478	420	560
76 - R	Cornbread and Corn Muffins	Cornbread and corn muffins. Includes cornbread and corn muffins with additions (e.g. jalapenos, honey). Includes hushpuppies.	16	10	488	420	560
77 - P	Tortillas	Soft tortillas made from wheat and other flours. Excludes tortillas made from corn flour. Excludes flatbreads (see P - 66-69).	74	-	741	570	820
77 - R	Tortillas	Soft tortillas made from wheat and other flours. Excludes tortillas made from corn flour. Excludes flatbreads (see R - 66-69).	7	6	600	570	820
78	Hard Taco Shells	Hard taco shells made from corn, wheat, and other flours. Includes taco salad shells and tostadas.	15	-	584	480	690
79	Crackers	Crackers. Examples include snack crackers, saltines, graham crackers, filled/sandwich crackers, and hard breadstick crackers. Includes pita chips and bagel chips. Excludes animal crackers (see P - 83), pretzel crackers (see 117), and crackers that come with spreads (see 120).	162	-	855	700	940
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.	21	-	224	210	260



<b>Food Category ID</b>  <i>P = Packaged</i> <i>R = Restaurant</i>	<b>Food Category Name<sup>1</sup></b>	<b>Food Category Description</b>	<b>2010 Baseline<sup>2</sup></b>  <b>Sample Size<sup>3</sup></b>  <b>Number of products/items</b>	<b>2010 Baseline<sup>2</sup></b>  <b>Sample Size<sup>3</sup></b>  <b>Number of restaurants (restaurant categories only)</b>	<b>2010 Baseline<sup>2</sup></b>  <b>Sales Weighted Mean<sup>4</sup></b> <b>(mg sodium per 100g)</b>	<b>Short Term Targets</b>  <b>Sales Weighted Mean<sup>5</sup></b> <b>(mg sodium per 100g)</b>	<b>Short Term Targets</b>  <b>Upper Bound<sup>6</sup></b> <b>(mg sodium per 100g)</b>
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	10	263	210	260
81 - P	Cake	Cakes. Examples include snack cake products, cupcakes, and sheet cakes. Includes products with icing, fillings, and toppings. Includes brownies and coffee cake. Excludes dry cake mix (see 88). Excludes ice cream cakes.	148	-	314	280	390
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.	90	18	297	280	390
82 - P	Doughnuts	Yeast leavened and chemically leavened doughnuts. Includes doughnuts with toppings, powders, and glazes. Includes snack cake doughnuts, miniature doughnuts, doughnut holes, crullers, and apple fritters.	52	-	365	310	400
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.	87	6	316	260	380
83 - P	Cookies	Cookies. Examples include snack cookies, wafers, sandwich cookies, oatmeal cream pies, and animal crackers. Includes frozen and refrigerated cookie dough.	316	-	359	300	410
83 - R	Cookies	Cookies. Examples include chocolate chip, oatmeal raisin, white chocolate macadamia, and peanut butter. Includes cookie pizza.	95	24	349	300	410



Food Category ID	Food Category Name <sup>1</sup>	Food Category Description	2010 Baseline <sup>2</sup> Sample Size <sup>3</sup> Number of products/items	2010 Baseline <sup>2</sup> Sample Size <sup>3</sup> Number of restaurants (restaurant categories only)	2010 Baseline <sup>2</sup> Sales Weighted Mean <sup>4</sup> (mg sodium per 100g)	Short Term Targets Sales Weighted Mean <sup>5</sup> (mg sodium per 100g)	Short Term Targets Upper Bound <sup>6</sup> (mg sodium per 100g)
84 - P	Sweet Rolls, Pastries, and Pies	Sweet rolls, pastries, and pies. Includes snack cake products, Danishes, cobblers, cinnamon rolls, and turnovers. Includes toaster pastries. Includes filled and topped products. Includes dessert/sweet quick breads (e.g. banana bread).	189	-	323	290	370
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.	186	32	301	270	350
85 - P	Breakfast Bakery Goods	Frozen and refrigerated breakfast bakery products usually eaten hot with limited preparation aside from heating. Examples include waffles, pancakes, and French toast sticks. Excludes breakfast sandwiches and breakfast-type toaster pastries (see P - 130-131) and products that come with sides (e.g. breakfast entrees) (see 132).	24	-	561	490	620
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 R - 130-131), savory crepes (see R - 147), and items that come with sides or other items (see R - 149).	61	13	418	360	430
86	Frozen Dough	Frozen dough. Examples include bread dough, pizza crust dough, puff pastry sheets, and cinnamon roll dough. Excludes precooked pizza crusts/shells and par-baked dough (see P - 66-69), biscuit dough (see P	11	-	405	350	460



Food Category ID  <i>P = Packaged R = Restaurant</i>	Food Category Name <sup>1</sup>	Food Category Description	2010 Baseline <sup>2</sup>  Sample Size <sup>3</sup>  Number of products/items	2010 Baseline <sup>2</sup>  Sample Size <sup>3</sup>  Number of restaurants (restaurant categories only)	2010 Baseline <sup>2</sup>  Sales Weighted Mean <sup>4</sup> (mg sodium per 100g)	Short Term Targets  Sales Weighted Mean <sup>5</sup> (mg sodium per 100g)	Short Term Targets  Upper Bound <sup>6</sup> (mg sodium per 100g)
		- 74), and cookie dough (see P - 83). Excludes brownie dough and frozen batter.					
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 P - 66-69), biscuit dough (see P - 74), and cookie dough (see P - 83). Excludes brownie dough and refrigerated batter.	19	-	739	680	790
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. Excludes pudding mix, cookie mix, and brownie mix. Data provided in dry mix form ("as packaged").	86	-	851	720	980



**Table 1.09 Meat and Poultry - Categories and Targets**

Food Category ID	Food Category Name <sup>1</sup>	Food Category Description	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	Short Term Targets	Short Term Targets
			Sample Size <sup>3</sup>	Sample Size <sup>3</sup>	Sales Weighted Mean <sup>4</sup> (mg sodium per 100g)	Sales Weighted Mean <sup>5</sup> (mg sodium per 100g)	Upper Bound <sup>6</sup> (mg sodium per 100g)
P = Packaged R = Restaurant							
89 - P	Deli Meats	Sliced and non-sliced deli meats not already captured in more specific categories (e.g. salami). Examples include turkey, ham, roast beef, loaves, pastrami, and chicken breast. Includes canned luncheon loaves. Includes smoked-flavored and other flavored sliced deli meats. Excludes bologna (see 90), salami and pepperoni (see 95), and Canadian bacon (see P - 100).	144	-	1118	980	1270
89 - R	Deli Meats	Deli meats not already captured in more specific categories. Examples include turkey, ham, roast beef, pastrami, and corned beef. Includes smoked-flavored and other flavored sliced deli meats. Excludes Canadian bacon (see R - 100).	19	5	977	860	1150
90	Hot Dogs and Bologna	Hot dogs and bologna made from beef, pork, and/or poultry. Includes frankfurters and wieners. Includes salami cotto. Excludes hot dogs on a bun (see P - 129).	108	-	1044	920	1170
91	Uncooked Sausage	Frozen and refrigerated breakfast and dinner-type sausages sold in uncooked form. Includes pork, beef, and poultry products. Includes sausage links, ropes, patties, and ground meat. Data provided in uncooked form ("as packaged").	111	-	668	610	760
92 - P	Cooked Sausage	Frozen and refrigerated breakfast and dinner-type sausages sold in precooked form. Includes pork, beef, and poultry products. Includes sausage links, ropes, and patties.	123	-	930	840	1040
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.	29	11	785	710	910





Food Category ID	Food Category Name <sup>1</sup>	Food Category Description	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	Short Term Targets	Short Term Targets
			Sample Size <sup>3</sup>	Sample Size <sup>3</sup>	Sales Weighted Mean <sup>4</sup> (mg sodium per 100g)	Sales Weighted Mean <sup>5</sup> (mg sodium per 100g)	Upper Bound <sup>6</sup> (mg sodium per 100g)
P = Packaged R = Restaurant							
93 - P	Bacon	Bacon sold in both cooked and uncooked forms. Includes pork, beef, and turkey products. Excludes bacon bits (see P - 94), Canadian bacon (see P - 100), and imitation bacon (see 106). Data provided in cooked form ("as prepared").	70	-	1784	1570	2050
93 - R	Bacon	Bacon. Includes poultry bacon and pancetta. Excludes bacon bits (see R - 94) and Canadian bacon (see R - 100).	19	15	1963	1570	2050
94 - P	Bacon Bits	Bacon bits and pieces. Includes imitation products/items.	8	-	2737	1990	2740
94 - R			7	5	1909	1830	2190
95	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).	69	-	1664	1500	1870
96	Jerky and Dried Meat Snacks	Jerky and other dried meat snacks made from meat, poultry, and fish. Includes pepperoni-flavored meat snacks. Excludes pickled products.	83	-	1808	1590	2100
97 - P	Poultry - Not Breaded	Frozen and refrigerated chicken and turkey 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 or gravy. Includes both raw and precooked products.	30	-	495	430	640
97 - R	Poultry - Not Breaded	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.	98	23	460	430	640



Food Category ID  <i>P = Packaged R = Restaurant</i>	Food Category Name <sup>1</sup>	Food Category Description	2010 Baseline <sup>2</sup>  Sample Size <sup>3</sup>  Number of products/items	2010 Baseline <sup>2</sup>  Sample Size <sup>3</sup>  Number of restaurants (restaurant categories only)	2010 Baseline <sup>2</sup>  Sales Weighted Mean <sup>4</sup> (mg sodium per 100g)	Short Term Targets  Sales Weighted Mean <sup>5</sup> (mg sodium per 100g)	Short Term Targets  Upper Bound <sup>6</sup> (mg sodium per 100g)
		Excludes wings served in sauce (e.g. buffalo wings) (see R - 98).					
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.	27	-	646	560	740
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 R - 143).	167	35	727	560	740
99 - P	Poultry - Reformed Nuggets and Patties	Frozen, breaded, shaped poultry nuggets and patties. Products are reformed and typically contain stabilizers/binders. Examples include chicken nuggets, chicken patties, chicken fritters, and chicken fries.	58	-	607	500	660
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.	17	15	722	590	820



Food Category ID	Food Category Name <sup>1</sup>	Food Category Description	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	Short Term Targets	Short Term Targets
			Sample Size <sup>3</sup>	Sample Size <sup>3</sup>	Sales Weighted Mean <sup>4</sup> (mg sodium per 100g)	Sales Weighted Mean <sup>5</sup> (mg sodium per 100g)	Upper Bound <sup>6</sup> (mg sodium per 100g)
100 - P	Cured/Smoked Pork and Canadian Bacon	Bone-in and boneless cured/smoked pork and Canadian bacon. Includes smoked pork chops, ham steaks, and cubed cured ham. Excludes "smoked"-flavored sliced deli meats (see P - 89), bacon (see P - 93), and canned products (see 103).	38	-	1176	1030	1360
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 R - 89) and bacon (see R - 93).	18	9	1204	1030	1360
101 - P	Whole Muscle Meat	Whole muscle 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. Excludes cured/smoked pork (see P - 100).	46	-	501	460	600
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 R - 100).	65	14	564	470	670
102 - P	Shaped Meat	Precooked and raw shaped meat and poultry. Examples include meatballs, meatloaf, sausage balls, and shaped steaks. Includes products with gravy and sauce. Excludes chicken nuggets and chicken patties (see P - 99).	32	-	583	490	680
102 - R	Shaped Meat	Shaped meat. Examples include meatballs, meatloaf, Salisbury steak, and shaped steaks (e.g. country fried steak). Includes items in sauce (e.g. marinara) and gravy. Excludes chicken nuggets (see R - 99).	25	13	662	590	780



<b>Food Category ID</b>  <i>P = Packaged</i> <i>R = Restaurant</i>	<b>Food Category Name<sup>1</sup></b>	<b>Food Category Description</b>	<b>2010 Baseline<sup>2</sup></b>  <b>Sample Size<sup>3</sup></b>  <b>Number of products/items</b>	<b>2010 Baseline<sup>2</sup></b>  <b>Sample Size<sup>3</sup></b>  <b>Number of restaurants (restaurant categories only)</b>	<b>2010 Baseline<sup>2</sup></b>  <b>Sales Weighted Mean<sup>4</sup></b> <b>(mg sodium per 100g)</b>	<b>Short Term Targets</b>  <b>Sales Weighted Mean<sup>5</sup></b> <b>(mg sodium per 100g)</b>	<b>Short Term Targets</b>  <b>Upper Bound<sup>6</sup></b> <b>(mg sodium per 100g)</b>
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 P - 89) and canned sausage (see 104). Excludes pate, other meat spreads, and corned beef hash.	17	-	1008	860	1160
104	Canned Sausage	Canned meat and poultry sausages. Examples include Vienna sausages and smoked sausages.	7	-	831	730	960
105	Canned Poultry	Canned chicken and turkey. Excludes canned luncheon loaves (see P - 89) and canned poultry sausage (see 104). Excludes pate.	13	-	414	360	460
106	Meat Substitutes	Meat substitutes and analogues, such as tofu and tempeh (seasoned, marinated, and plain types). Examples include veggie burgers, veggie bacon, veggie meatballs, veggie hot dogs, falafel, 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). Excludes imitation bacon bits (see P - 94). Excludes pate and pastes.	39	-	594	480	660



**Table 1.10 Fish and Other Seafood - Categories and Targets**

Food Category ID	Food Category Name <sup>1</sup>	Food Category Description	2010 Baseline <sup>2</sup> Sample Size <sup>3</sup> Number of products/items	2010 Baseline <sup>2</sup> Sample Size <sup>3</sup> Number of restaurants (restaurant categories only)	2010 Baseline <sup>2</sup> Sales Weighted Mean <sup>4</sup> (mg sodium per 100g)	Short Term Targets Sales Weighted Mean <sup>5</sup> (mg sodium per 100g)	Short Term Targets Upper Bound <sup>6</sup> (mg sodium per 100g)
107	Fish and Other Seafood - Not Breaded	Frozen and refrigerated fish and other seafood that are not breaded nor battered. Examples include fish fillets, shrimp, and crab meat. Excludes seafood spreads (see P - 54) and seafood-based salads (see P - 152). Excludes salted cod, pickled fish, and smoked fish.	84	-	377	350	490
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.	46	-	519	450	600
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.	69	-	355	310	410
110	Shelf-Stable Anchovies	Shelf stable anchovies packed in oil. Includes products with additions (e.g. capers). Excludes pate and dried anchovies.	11	-	5687	4770	5990



**Table 1.11 Snacks - Categories and Targets**

Food Category ID	Food Category Name <sup>1</sup>	Food Category Description	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	Short Term Targets	Short Term Targets
			Sample Size <sup>3</sup>	Sample Size <sup>3</sup>	Sales Weighted Mean <sup>4</sup> (mg sodium per 100g)	Sales Weighted Mean <sup>5</sup> (mg sodium per 100g)	Upper Bound <sup>6</sup> (mg sodium per 100g)
P = Packaged R = Restaurant							
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 P - 113), and puffed products (see 115).	45	-	596	510	650
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.	10	6	591	510	650
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 P 115).	110	-	758	640	820
113 - P	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 P - 79), chips seasoned with additional flavors than salt (see P - 114), and puffed products (see P - 115).	33	-	453	400	530
113 - R	Unflavored Grain Chips	Grain chips seasoned with salt. Examples include tortilla chips. Excludes chips seasoned with additional flavors than salt.	7	6	448	400	530



Food Category ID	Food Category Name <sup>1</sup>	Food Category Description	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	Short Term Targets	Short Term Targets
			Sample Size <sup>3</sup>	Sample Size <sup>3</sup>	Sales Weighted Mean <sup>4</sup> (mg sodium per 100g)	Sales Weighted Mean <sup>5</sup> (mg sodium per 100g)	Upper Bound <sup>6</sup> (mg sodium per 100g)
P = Packaged R = Restaurant							
114	Unflavored 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. Excludes pita chips and bagel chips (see 79) and puffed products (see 115).	29	-	697	610	770
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.	74	-	990	790	1080
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.	64	-	861	730	990
117	Pretzels	Hard pretzels. Includes flavored, coated, and filled pretzels. Includes pretzels with no external salt. Includes pretzel crackers. Excludes soft pretzels (see P - 71).	81	-	1247	1040	1480
118	Snack Bars	Snack bars. Examples include cereal bars, granola bars, rice snack bars, fruit and grain bars, protein bars, and breakfast bars.	213	-	331	280	390
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, P - 35). Excludes granola products and chocolate and other confectionery mixes.	68	-	713	640	860



<b>Food Category ID</b>  <i>P = Packaged</i> <i>R = Restaurant</i>	<b>Food Category Name<sup>1</sup></b>	<b>Food Category Description</b>	<b>2010 Baseline<sup>2</sup></b>  <b>Sample Size<sup>3</sup></b>  <b>Number of products/items</b>	<b>2010 Baseline<sup>2</sup></b>  <b>Sample Size<sup>3</sup></b>  <b>Number of restaurants (restaurant categories only)</b>	<b>2010 Baseline<sup>2</sup></b>  <b>Sales Weighted Mean<sup>4</sup></b> <b>(mg sodium per 100g)</b>	<b>Short Term Targets</b>  <b>Sales Weighted Mean<sup>5</sup></b> <b>(mg sodium per 100g)</b>	<b>Short Term Targets</b>  <b>Upper Bound<sup>6</sup></b> <b>(mg sodium per 100g)</b>
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).	12	-	805	700	900





**Table 1.12 Sandwiches - Categories and Targets**

<b>Food Category ID</b>  <i>P = Packaged</i> <i>R = Restaurant</i>	<b>Food Category Name<sup>1</sup></b>	<b>Food Category Description</b>	<b>2010 Baseline<sup>2</sup></b>  <b>Sample Size<sup>3</sup></b>  <b>Number of products/items</b>	<b>2010 Baseline<sup>2</sup></b>  <b>Sample Size<sup>3</sup></b>  <b>Number of restaurants (restaurant categories only)</b>	<b>2010 Baseline<sup>2</sup></b>  <b>Sales Weighted Mean<sup>4</sup></b> <b>(mg sodium per 100g)</b>	<b>Short Term Targets</b>  <b>Sales Weighted Mean<sup>5</sup></b> <b>(mg sodium per 100g)</b>	<b>Short Term Targets</b>  <b>Upper Bound<sup>6</sup></b> <b>(mg sodium per 100g)</b>
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).	147	16	620	540	720
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).	23	12	698	570	760
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 R – 127-128).	30	17	514	420	560
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).	265	37	557	470	630



Food Category ID	Food Category Name <sup>1</sup>	Food Category Description	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	Short Term Targets	Short Term Targets
			Sample Size <sup>3</sup>	Sample Size <sup>3</sup>	Sales Weighted Mean <sup>4</sup> (mg sodium per 100g)	Sales Weighted Mean <sup>5</sup> (mg sodium per 100g)	Upper Bound <sup>6</sup> (mg sodium per 100g)
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.	25	12	399	350	460
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.	36	21	625	550	780
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.	68	21	412	330	470
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.	240	25	521	420	590
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 (see 154).	11	-	657	580	720
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).	39	13	766	630	810



Food Category ID	Food Category Name <sup>1</sup>	Food Category Description	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	Short Term Targets	Short Term Targets
			Sample Size <sup>3</sup>	Sample Size <sup>3</sup>	Sales Weighted Mean <sup>4</sup> (mg sodium per 100g)	Sales Weighted Mean <sup>5</sup> (mg sodium per 100g)	Upper Bound <sup>6</sup> (mg sodium per 100g)
P = Packaged R = Restaurant							
130 - P	Breakfast Sandwiches on Biscuits	Frozen and refrigerated breakfast-style sandwiches provided on biscuits. Examples include egg sandwiches and breakfast meat sandwiches. Includes sausage on a biscuit and chicken on a biscuit. Includes stuffed biscuit breakfast products.	18	-	810	710	920
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.	54	11	811	710	920
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 sandwiches and breakfast meat sandwiches. Includes breakfast burritos, tacos, and quesadillas. Includes breakfast-type toaster pastries and other breakfast handheld pastries. Excludes sweet toaster pastries (see P - 84).	36	-	571	500	640
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.	230	23	632	500	640



**Table 1.13 Mixed Ingredient Dishes - Categories and Targets**

Food Category ID  <i>P = Packaged R = Restaurant</i>	Food Category Name <sup>1</sup>	Food Category Description	2010 Baseline <sup>2</sup>  Sample Size <sup>3</sup>  Number of products/items	2010 Baseline <sup>2</sup>  Sample Size <sup>3</sup>  Number of restaurants (restaurant categories only)	2010 Baseline <sup>2</sup>  Sales Weighted Mean <sup>4</sup> (mg sodium per 100g)	Short Term Targets  Sales Weighted Mean <sup>5</sup> (mg sodium per 100g)	Short Term Targets  Upper Bound <sup>6</sup> (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).	432	-	328	270	380
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 P - 129) and frozen breakfast sandwiches and breakfast burritos (see P - 130-131).	114	-	424	360	490
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).	44	-	238	200	270



Food Category ID	Food Category Name <sup>1</sup>	Food Category Description	2010 Baseline <sup>2</sup> Sample Size <sup>3</sup> Number of products/items	2010 Baseline <sup>2</sup> Sample Size <sup>3</sup> Number of restaurants (restaurant categories only)	2010 Baseline <sup>2</sup> Sales Weighted Mean <sup>4</sup> (mg sodium per 100g)	Short Term Targets Sales Weighted Mean <sup>5</sup> (mg sodium per 100g)	Short Term Targets Upper Bound <sup>6</sup> (mg sodium per 100g)
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).	34	-	440	370	480
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 P - 129) and refrigerated breakfast sandwiches and breakfast burritos (see P - 130-131).	49	-	550	460	640
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 P - 135). Excludes products that are only unstuffed noodles (e.g. refrigerated linguini, refrigerated egg noodles).	14	-	498	450	580
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.	21	-	638	560	750



<b>Food Category ID</b>  <i>P = Packaged</i> <i>R = Restaurant</i>	<b>Food Category Name<sup>1</sup></b>	<b>Food Category Description</b>	<b>2010 Baseline<sup>2</sup></b>  <b>Sample Size<sup>3</sup></b>  <b>Number of products/items</b>	<b>2010 Baseline<sup>2</sup></b>  <b>Sample Size<sup>3</sup></b>  <b>Number of restaurants (restaurant categories only)</b>	<b>2010 Baseline<sup>2</sup></b>  <b>Sales Weighted Mean<sup>4</sup></b> <b>(mg sodium per 100g)</b>	<b>Short Term Targets</b>  <b>Sales Weighted Mean<sup>5</sup></b> <b>(mg sodium per 100g)</b>	<b>Short Term Targets</b>  <b>Upper Bound<sup>6</sup></b> <b>(mg sodium per 100g)</b>
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).	91	-	372	300	410
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).	14	-	1254	1100	1540
141	Dry Mix Meals and Sides - Meat Added	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").	46	-	1964	1660	2260
142	Dry Mix Meals and Sides - No Meat Added	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, stuffing mix, pasta salad mix, rice and beans mix, and couscous mix. Excludes instant potato products	101	-	983	830	1150



<b>Food Category ID</b>  <i>P = Packaged</i> <i>R = Restaurant</i>	<b>Food Category Name<sup>1</sup></b>	<b>Food Category Description</b>	<b>2010 Baseline<sup>2</sup></b>  <b>Sample Size<sup>3</sup></b>  <b>Number of products/items</b>	<b>2010 Baseline<sup>2</sup></b>  <b>Sample Size<sup>3</sup></b>  <b>Number of restaurants (restaurant categories only)</b>	<b>2010 Baseline<sup>2</sup></b>  <b>Sales Weighted Mean<sup>4</sup></b> <b>(mg sodium per 100g)</b>	<b>Short Term Targets</b>  <b>Sales Weighted Mean<sup>5</sup></b> <b>(mg sodium per 100g)</b>	<b>Short Term Targets</b>  <b>Upper Bound<sup>6</sup></b> <b>(mg sodium per 100g)</b>
		(see 28). Data provided in dry mix form ("as packaged").					
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 R - 147) and dishes that come with a combination of meats/seafood (e.g. both chicken and salmon) (see R - 149).	76	10	404	340	470
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 R - 147) or meat item (see R - 149).	53	11	365	310	440
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	56	14	638	560	770



<b>Food Category ID</b>  <i>P = Packaged</i> <i>R = Restaurant</i>	<b>Food Category Name<sup>1</sup></b>	<b>Food Category Description</b>	<b>2010 Baseline<sup>2</sup></b>  <b>Sample Size<sup>3</sup></b>  <b>Number of products/items</b>	<b>2010 Baseline<sup>2</sup></b>  <b>Sample Size<sup>3</sup></b>  <b>Number of restaurants (restaurant categories only)</b>	<b>2010 Baseline<sup>2</sup></b>  <b>Sales Weighted Mean<sup>4</sup></b> <b>(mg sodium per 100g)</b>	<b>Short Term Targets</b>  <b>Sales Weighted Mean<sup>5</sup></b> <b>(mg sodium per 100g)</b>	<b>Short Term Targets</b>  <b>Upper Bound<sup>6</sup></b> <b>(mg sodium per 100g)</b>
		served with a grain (see R - 147) or meat item (see R - 149).					
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 R - 149) and egg salad (see R - 153).	85	15	414	360	480
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).	327	30	396	330	450
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 R - 147) or a meat item (see R - 149). Excludes vegetables without seasoning and single item peppers that are marinated or pickled.	117	27	439	370	530





<b>Food Category ID</b>  <i>P = Packaged R = Restaurant</i>	<b>Food Category Name<sup>1</sup></b>	<b>Food Category Description</b>	<b>2010 Baseline<sup>2</sup></b>  Sample Size <sup>3</sup>  Number of products/items	<b>2010 Baseline<sup>2</sup></b>  Sample Size <sup>3</sup>  Number of restaurants (restaurant categories only)	<b>2010 Baseline<sup>2</sup></b>  Sales Weighted Mean <sup>4</sup> (mg sodium per 100g)	<b>Short Term Targets</b>  Sales Weighted Mean <sup>5</sup> (mg sodium per 100g)	<b>Short Term Targets</b>  Upper Bound <sup>6</sup> (mg sodium per 100g)
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 R - 143-148).	203	19	522	430	580



**Table 1.14 Salads - Categories and Targets**

Food Category ID	Food Category Name <sup>1</sup>	Food Category Description	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	Short Term Targets	Short Term Targets
			Sample Size <sup>3</sup>	Sample Size <sup>3</sup>	Sales Weighted Mean <sup>4</sup> (mg sodium per 100g)	Sales Weighted Mean <sup>5</sup> (mg sodium per 100g)	Upper Bound <sup>6</sup> (mg sodium per 100g)
P = Packaged R = Restaurant							
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.	374	30	312	270	350
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.	111	31	240	210	260
152 - P	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).	16	-	517	470	610
152 - R	Meat/Seafood Salads	Meat, seafood, and poultry-based salads. Examples include chicken salad, tuna salad, and seafood salad. Includes items that have pasta and other additions (e.g. tuna and pasta salad).	16	9	568	470	610
153 - P	Grain/ Vegetarian Salads	Grain, vegetable, and egg-based salads. Examples include macaroni salad, potato salad, egg 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 P - 152). Excludes lettuce/green salads.	27	-	451	380	520



Food Category ID	Food Category Name <sup>1</sup>	Food Category Description	2010 Baseline <sup>2</sup> Sample Size <sup>3</sup> Number of products/items	2010 Baseline <sup>2</sup> Sample Size <sup>3</sup> Number of restaurants (restaurant categories only)	2010 Baseline <sup>2</sup> Sales Weighted Mean <sup>4</sup> (mg sodium per 100g)	Short Term Targets Sales Weighted Mean <sup>5</sup> (mg sodium per 100g)	Short Term Targets Upper Bound <sup>6</sup> (mg sodium per 100g)
153 - R <i>P = Packaged R = Restaurant</i>	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 R - 150-151). Excludes items that have meat/seafood/poultry ingredients (e.g. tuna and pasta salad) (see R - 152). Excludes caprese salad and fruit salad.	77	25	232	200	290



**Table 1.15 Other Combination Foods - Categories and Targets**

Food Category ID	Food Category Name <sup>1</sup>	Food Category Description	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	Short Term Targets	Short Term Targets
			Sample Size <sup>3</sup>	Sample Size <sup>3</sup>	Sales Weighted Mean <sup>4</sup> (mg sodium per 100g)	Sales Weighted Mean <sup>5</sup> (mg sodium per 100g)	Upper Bound <sup>6</sup> (mg sodium per 100g)
P = Packaged R = Restaurant			Number of products/items	Number of restaurants (restaurant categories only)			
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 P - 21). Excludes breaded shrimp and crab cakes (see 108).	66	-	548	480	590
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.	28	7	471	380	520
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.	22	16	820	680	900
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. Excludes pizza-flavored/stuffed handheld meals (see 133, 136) and pizza rolls, pizza bagels, and other miniature pizza appetizers (see 154).	90	-	574	480	630
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).	218	14	538	480	630



Food Category ID	Food Category Name <sup>1</sup>	Food Category Description	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	Short Term Targets	Short Term Targets
			Sample Size <sup>3</sup>	Sample Size <sup>3</sup>	Sales Weighted Mean <sup>4</sup> (mg sodium per 100g)	Sales Weighted Mean <sup>5</sup> (mg sodium per 100g)	Upper Bound <sup>6</sup> (mg sodium per 100g)
P = Packaged R = Restaurant			Number of products/items	Number of restaurants (restaurant categories only)			
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. Excludes pizza-flavored/stuffed handheld meals (see 133, 136) and pizza rolls, pizza bagels, and other miniature pizza appetizers (see 154).	45	-	494	400	550
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).	100	16	491	400	550
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 R - 131) and tacos and burritos served with sides (e.g. rice and beans) (see R - 149).	365	13	495	390	550
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 R - 131), items served with sides (e.g. rice and beans) (see R - 149), and taco salads (see R - 150-151). Excludes chips served with queso or cheese sauce.	89	13	561	510	650



**Table 1.16 Toddler/Baby Food- Categories and Targets**

Food Category ID	Food Category Name <sup>1</sup>	Food Category Description	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	2010 Baseline <sup>2</sup>	Short Term Targets	Short Term Targets
			Sample Size <sup>3</sup>	Sample Size <sup>3</sup>	Sales Weighted Mean <sup>4</sup> (mg sodium per 100g)	Sales Weighted Mean <sup>5</sup> (mg sodium per 100g)	Upper Bound <sup>6</sup> (mg sodium per 100g)
P = Packaged R = Restaurant							
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).	16	-	262	200	270
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).	9	-	275	250	310
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).	4	-	648	570	710

1. 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 sectors (e.g. packaged foods, prepared foods) or points of purchase.
2. The amount of sodium in a category that represents the 2010 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.
3. 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.
4. 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.
5. The goal sodium concentration level for the category in milligrams per 100g, calculated as the sales-weighted mean sodium level.
6. The goal upper bound sodium content of an individual food product or menu item included in a food category.
7. Sodium concentration values for baselines and targets are provided in mg/100ml for packaged food data.
8. 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.