

# Sodium in Frozen Meals

<b>Amy's</b>	<b>Sodium (mg)</b>
Light in Sodium Shepherd's Pie	290
Black Bean Vegetable Enchilada (vegetarian/vegan)	390
Brown Rice Black-Eyed Peas and Veggies Bowl (vegetarian)	580
Tofu Scramble	580
Stuffed Pasta Shells Bowl (vegetarian)	780
<b>Banquet</b>	
Chicken Nuggets & Fries	460
Lasagna With Meat Sauce	510
Pepperoni Pizza Meal	730
Select Recipes Classic Fried Chicken	1,140
<b>Boston Market</b>	
Chicken Parmesan	900
Sweet & Sour Chicken	930
Macaroni & Cheese (vegetarian)	960
Country Fried Chicken	1,150
Classic Lasagna with Meat Sauce	1,200
Swedish Meatballs	1,490
<b>Healthy Choice</b>	
Sweet Ginger Chicken	280
Café Steamers Tortellini Primavera Parmesan (vegetarian)	460
Golden Roasted Turkey Breast	500
Classic Meat Loaf	550
Café Steamers Asian Inspired General Tso's Spicy Chicken	580
<b>Hungry Man</b>	
Classic Fried Chicken Strips	1,240
Boneless Fried Chicken	1,350
Selects Classic Fried Chicken	1,370
Home-Style Meatloaf	1,650
<b>Kashi</b>	
Mayan Harvest Bake	380
Sweet Potato Quinoa Bowl	440
Chicken Florentine	550
Southwest Style Chicken	680
Pesto Pasta Primavera (vegetarian)	750
<b>Lean Cuisine</b>	
Supreme Pizza	470
Spa Collection-Stir Fry Chicken	480
Salmon with Basil	500
Rosemary Chicken	510
Shrimp & Angel Hair Pasta	660

<b>Lean Pockets/Hot Pockets</b>	
Lean Pockets Whole Grain Turkey, Broccoli, & Cheddar	410
Lean Pockets Philly Steak & Low Fat Cheese with Grilled Vegetables	510
Hot Pockets Chicken & Cheddar With Broccoli	630
<b>Luvo (www.Luvoinc.com)</b>	
Orange Mango Chicken	380
Chicken and Harissa Chickpeas	460
Chicken Chili Verde	470
Spinach Ricotta Ravioli	470
Turkey Veggie Lasagna	490
<b>Marie Calendar's</b>	
Roasted Turkey Breast & Stuffing	1,010
Chicken Pot Pie-10 ounce	1,060
<b>Stouffer's</b>	
Spinach Soufflé (vegetarian)	390
Stuffed Peppers with beef in Tomato Sauce	625
Lasagna With Meat Sauce	690
Chicken A La King	800
Fried Chicken Breast	810
Macaroni & Cheese (vegetarian)	820
Roast Turkey with Mashed Potatoes	870
Meatloaf	910
Lasagna Bake with Meat Sauce	960
Turkey Tetrazzini	980
Swedish Meatballs	1,250
Creamed Chip Beef-11 ounces	1,475
<b>Weight Watchers</b>	
Smart Ones Fruit Inspirations Cranberry Turkey Medallions	460
Smart Ones Classic Favorites Ravioli Florentine (vegetarian)	560
Smart Ones Classic Favorites Fettuccini Alfredo (vegetarian)	560
Sweet & Sour Chicken	560
Smart Ones Smart Creations Teriyaki Chicken & Vegetables	680
Smart Ones Classic Favorites Macaroni & Cheese (vegetarian)	750
Smart Ones Bistro Selection Salisbury Steak	850

For more information, please visit the American Heart Association and Academy of Nutrition and Dietetics websites listed below.

[www.Eatright.org](http://www.Eatright.org)

[www.heart.org](http://www.heart.org)



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