

Sodium Counts When Eating Out

Location	Better Options	Avoid
Applebee's	Caesar Salad w/dressing 700 mg New England Clam Chowder 710 mg Portsmouth Clam Chowder 570 mg Grilled Shrimp Skewer 490 mg Steamed Broccoli 260 mg Double-Glazed Baby Back Ribs without sauce (1/2 Rack) 380mg Double-Glazed Baby Back Ribs with honey BBQ Sauce (1/2 Rack) 720 mg	Boneless Buffalo Wings (without dipping sauce) 2470 mg Mozzarella Stix w/Marinara 2510 mg Reuben Sandwich-(no sides) 5240 mg Fiesta Lime Chicken 3730 mg Chicken Tender Basket 2740 mg Salsa Verde Beef Nachos 6050 mg Spinach & Artichoke Dip 3980 mg
Bonefish Grill	House Salad with Salmon 650 mg House Salad with Tuna 550 mg Lilly's Chicken 735 mg Tilapia Imperial 760 mg Grilled Atlantic Salmon 220 mg Grilled Tilapia 270 mg	Shrimp Pad Thai 4287 mg Bang Bang Shrimp 2190 mg Spring Basil Fettuccine 2020 mg Singapore Calamari 2020 mg
Boston Market	¼ Dark Rotisserie Chicken 670 mg ¼ White Rotisserie Chicken 480 mg Caesar Side Salad w/ dressing 490 mg Side of Cinnamon Apples 270 mg Green Beans 105 mg Fresh Vegetable Stuffing 520 mg Baked Cod 410 mg	Roast Beef Brisket Dip Carver Sandwich 1590 mg ½ Rack BBQ Ribs 3150 mg Side of Baked Beans 1000 mg Macaroni & Cheese 1200 mg Pulled Barbecue Chicken 1690 mg Rotisserie Chicken Pot Pie 1670 mg

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Chick Fil A	Fruit Cup 0 mg Large Waffle Potato Fries 240 mg Grilled Market Salad 600 mg Grilled Nuggets 8 count 530 mg Superfood Side 190 mg	Chicken Sandwich 1390 mg Chicken Salad Sandwich 1120 mg Cobb Salad 1360 mg Chicken Strips 4 count 1320 mg Grilled Chicken Cool Wrap 900 mg Spicy Chicken Deluxe Sandwich 1750 mg
McDonald's	Hamburger 490 mg Side Salad 15 mg (540 mg with ranch dressing) 4 piece Chicken McNugget 360 mg Filet O' Fish Sandwich 590 mg Small Fry 160 mg	¼ Pounder with Cheese 1090 mg McRib Sandwich 980 mg Southwest Grilled Chicken Salad 1070 mg Chicken McGrill 990 mg
Olive Garden	Steamed Broccoli 20 mg Lighter Italian Fare Herb Grilled Salmon 570 mg Fettuccine Alfredo 850 mg Fried Mozzarella 740 mg Spaghetti with marinara sauce 730 mg	Lasagna 2070 mg Chicken Parmigiana 2980 mg Lobster Ravioli 2780 mg Steak Gorgonzola Alfredo 2810 mg Eggplant Parmigiana 1990 mg Chicken Marsala 1910 mg Cheese Ravioli 2140 mg
Outback	Grilled Asparagus 250 mg 10 oz. Ribeye Steak 400 mg Sweet Potato 240 mg Gold Coast Coconut Shrimp 650 mg (size small) 6 oz. Outback Center Cut Sirloin 520 mg	Quesadillas 2390 mg Garlic Mashed Potatoes 960 mg Bloomin' Onion 3840 mg Breaded Shrimp with Fries and Cocktail Sauce 3800 mg Aussie Fries 1780 mg

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Panera	<p>½ Chicken Caesar Salad 390 mg</p> <p>Strawberry, Poppy Seed & Chicken Salad 280 mg</p> <p>Spicy Thai Salad w/chicken 380 mg</p> <p>½ Roasted Turkey, Avocado BLT Sandwich on Sourdough 550 mg</p> <p>½ Napa Almond Chicken Salad Sandwich on Sesame Semolina 570 mg</p>	<p>Bowl of Broccoli Cheddar Soup 1330 mg</p> <p>Frontega Chicken Panini on Focaccia Bread 2050 mg</p> <p>“The Italian” on Hoagie Roll 2530 mg</p> <p>Ham & Swiss on Whole Grain Bread 2050 mg</p>
Red Lobster	<p>1 Cheddar Bay Biscuit 380 mg</p> <p>Side of Asparagus 190 mg</p> <p>Coconut Shrimp Bites (no dipping sauce) 800 mg</p> <p>Oven-broiled Wild Caught Flounder/Sole 720 mg</p>	<p>1 lb Snow Crab Legs 1870 mg</p> <p>Bowl of Lobster Bisque 1650 mg</p> <p>Shrimp Linguine Alfredo 2810 mg</p> <p>Seaside Shrimp Trio 3860 mg</p> <p>Wood Grilled Tilapia Tacos 2250 mg</p> <p>Crispy Shrimp Lettuce Wraps 2560 mg</p>
Wawa	<p>Hummus & Veggie Pinwheels 460 mg</p> <p>Egg White Breakfast Bowl w/ chicken steak, fresh salsa and spinach 560 mg</p> <p>Chicken Salad Sandwich w/apples 480 mg</p>	<p>Deli Tuna Salad Bowl 900 mg</p> <p>Pork Roll Egg & Cheese on Bagel 920 mg</p> <p>3 Breaded Chicken Strips 1800 mg</p> <p>Soft Pretzel 1120 mg</p>
Wendy’s	<p>4 piece Chicken Nuggets 390 mg</p> <p>Junior Hamburger 510 mg</p> <p>Crispy Chicken Sandwich 600 mg</p> <p>Medium Fries 310 mg</p> <p>Sour Cream & Chive Baked Potato 35 mg</p>	<p>Spicy Chicken Sandwich 1240 mg</p> <p>Chicken BLT Sandwich 950 mg</p> <p>Small/Large Chili 780/1170 mg</p> <p>½ Taco Salad 1320 mg</p> <p>Junior Cheeseburger 700 mg</p>

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Plan your next meal out below:

Option 1:

Option 2:

Option 3:

Total Sodium:

