

# **Food Technologists Can Change the World - for Better or for Worse**

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# Sodium in Packaged Foods



<http://www.shopwell.com/safeway-spaghetti-rings-in-tomato-sauce/canned-pasta/p/2113035043>

1 cup  
990 mg



<http://www.hungry-man.com/products/>

1 meal, 454 g  
1,610 mg



<http://www.stouffers.com/products/detail.aspx?id=175&c=56#>

1 meal, 454g  
1280 mg



<http://www.lachoy.com/products/sauces.jsp>

1 Tbsp  
920 mg



<http://www.nissinfoods.com/products/CupNoodles>

1 cup, 64 g  
1,480 mg



<https://www.redbaron.com/original-crust-singles-pizza.htm>

1 small pizza, 167 g  
1,110 mg

**Daily Value is 2,400 mg**

# High-Sodium Restaurant Foods

*Denny's Lumberjack Slam*

**3,010 mg**

(2 eggs, 2 pancakes, grits w/marg.,  
toast, ham, 2 strips bacon, 2 links)



*Lumberjack Slam®*

*Reuben sandwich (from deli)*

**3,270 mg**

<http://www.dennys.com/#/menu>



*Dunkin' Donuts Salt Bagel*

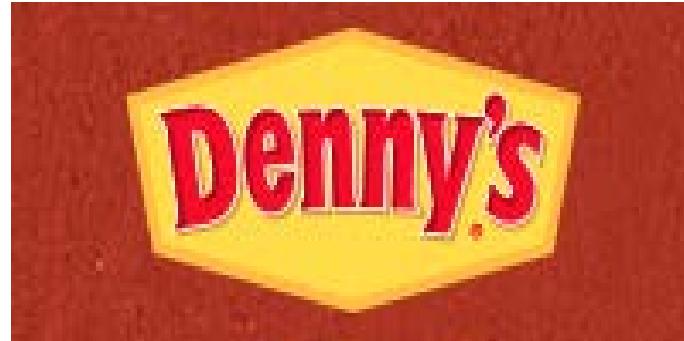
**3,380 mg**



*P.F. Chang's Combo Lo Mein*

**3,400 mg**

***Daily Value is 2,400 mg***



|                         |          |
|-------------------------|----------|
| Vegetable Beef Soup     | 1,550 mg |
| Bourbon Chicken Skillet | 3,040 mg |
| Seasoned Fries          | 1,010 mg |
| Apple Pie               | 580 mg   |

*Total: 6,180 mg*

# Voluntary Sodium Changes

2005 – 2011

402 Packaged foods: -3.5%

78 Fast foods: +2.6%

(mg/100g)

# NYC Sodium Targets

| Food | Sodium (mg/100g) |      |      |
|------|------------------|------|------|
|      | Now              | 2012 | 2014 |

|                   |            |            |            |
|-------------------|------------|------------|------------|
| Bread, rolls      | <b>485</b> | <b>440</b> | <b>360</b> |
| Breakfast cereals | <b>608</b> | <b>490</b> | <b>370</b> |
| Dry soups         | <b>820</b> | <b>700</b> | <b>570</b> |

# Lots of Low-hanging Fruit

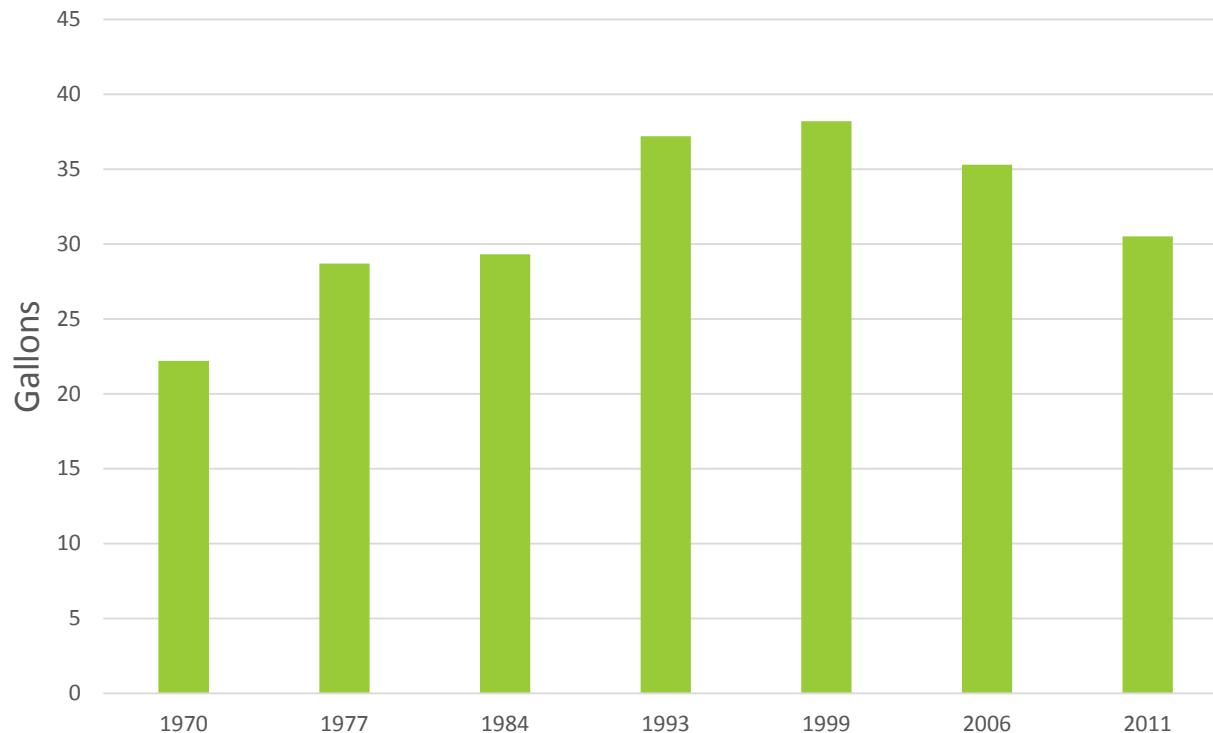
## Sodium Content: Brand Variation

**Great Value** sliced Swiss cheese has *2 times as much sodium* as **Safeway's**.

**Arby's** curly fries has *3 times as much sodium* as an equal weight of **McDonald's** fries.

**Honey Nut Cheerios** has *2 times as much sodium* as **Barbara's Honest O's Honey Nut**.

# Consumption of Sugar Drinks

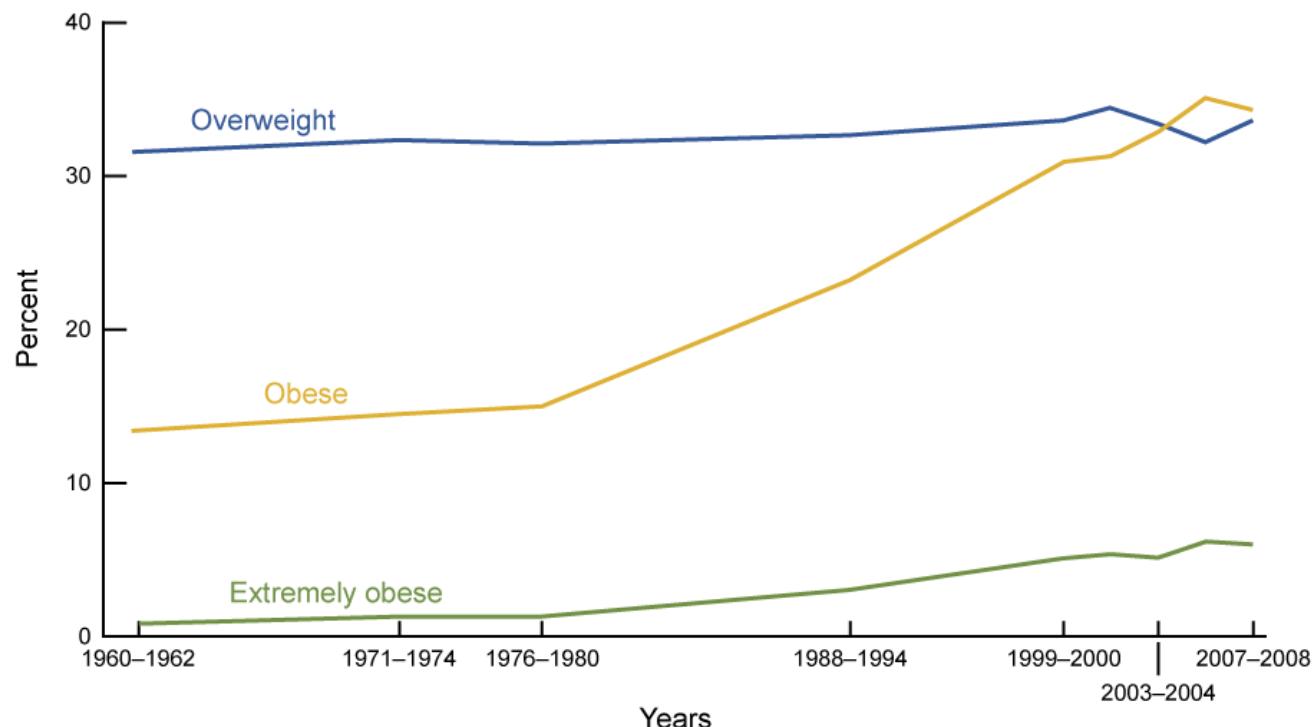


*1998 – 2012 per capita sales:*

- Coca-Cola: 33% decrease; Pepsi-Cola: 49% decrease
- Carbonated sugar drinks: 22% decrease
- Overall sugar drinks: 10% decrease

# Obesity Rates

**Figure 2. Trends in overweight, obesity, and extreme obesity among adults aged 20–74 years: United States, 1960–2008**



NOTE: Age-adjusted by the direct method to the year 2000 U.S. Census Bureau estimates, using the age groups 20–39, 40–59, and 60–74 years. Pregnant females were excluded. Overweight is defined as a body mass index (BMI) of 25 or greater but less than 30; obesity is a BMI greater than or equal to 30; extreme obesity is a BMI greater than or equal to 40.

SOURCE: CDC/NCHS, National Health Examination Survey cycle I (1960–1962); National Health and Nutrition Examination Survey I (1971–1974), II (1976–1980), and III (1988–1994), 1999–2000, 2001–2002, 2003–2004, 2005–2006, and 2007–2008.

# Fruit/Veggie Consumption

**2002: 724 pounds/person**

**2011: 675 pounds/person**