










TABLE 2

Sodium Savers

Examples of meat snacks with 200 mg sodium or less per serving

Company/Product		Serving Size	Sodium (mg)	Calories
Chef's Cut Real Chicken Jerky, Honey Barbecue ChefsCutRealJerky.com		1 oz	190	80
Country Archer All Natural Turkey Jerky, Honey Dijon CountryArcher.com		1 oz	120	80
Dick Stevens Jerky Mix, Original Blend Turkey DickStevens.com		1 oz	150	130
EPIC Turkey Almond Cranberry Bar EpicBar.com		1 bar (1.5 oz)	190	130
EPIC Turkey Bites With Cranberry & Sage EpicBar.com		6 pieces (~1 oz)	140	60
Field Trip Beef Jerky, Teriyaki FieldTripJerky.com		1 oz	125	80
Pearson Ranch Wild Boar Smoked Snack Stick PearsonRanchJerky.com		1 stick (1 oz)	200	90
Wilde Maple Uncured Bacon Blueberry Slow-Baked Turkey Bar WildeSnacks.com		1 bar (1.1 oz)	180	100
Wilde Sweet Thai Basil Slow-Baked Chicken Bar WildeSnacks.com		1 bar (1.1 oz)	190	100

* This list isn't meant as an endorsement of any product. It was compiled from a sampling of products on the websites of 25 companies. It isn't meant to represent a complete list of products that exist in this category. Special thanks to Maggle Garlin.