

### Sodium Content of certain Foods

1. Orange (1, medium) 1 mg
2. Apple (1, medium) 2 mg
3. Brown Rice (1 cup) 20 mg
4. Potato (1 medium) 13 mg
5. Potato chips (2 oz) 330 mg
6. Cheddar Cheese (2 oz) 350 mg
7. Swiss Cheese (2 oz)
8. Edam (2 oz) 500 mg
9. Velveeta (2 oz) 800 mg