

Food items 食物	Amount 分量(g 克)	Sodium 鈉 (mg 毫克)	% contribution to 2 000 mg sodium 佔2 000毫克鈉的百分比
Condiments and sauces 佐料及醬料			
Chicken powder 雞粉	½ teaspoon 茶匙 (2.5)	433	22%
Oyster sauce 蠔油	1 tablespoon 湯匙 (18)	774	39%
Light soy sauce 生抽	1 teaspoon 茶匙 (5)	330	17%
Soup 湯水			
Seafood Tom Yam soup 海鮮冬蔞湯	1 bowl 碗 (250)	1625	81%
Pig stomach preserved vegetable pepper soup 胡椒鹹菜豬肚湯	1 bowl 碗 (250)	1115	56%
Processed meat 加工肉類			
Sausage (liver, pork) 臘腸/鴨腸/紅腸	1 link 條 (½ pair 半孖) (51)	896	44%
Sausage (cervelat, cheese, chicken) 司華力腸/芝士腸/雞肉腸	1 piece 條 (55)	513	26%
Bread 麵包			
Hamburger 漢堡包	1 piece 個 (95)	423	21%
Tuna bread 吞拿魚包	1 piece 個 (84)	281	14%