

High Sodium Foods

S	B	T	O	A	E	N	H	I	L	E	Y	F	S
F	O	L	A	T	C	C	S	C	U	R	A	R	P
E	U	A	S	M	O	R	I	S	N	L	E	O	A
E	I	S	L	A	T	A	L	T	C	C	S	Z	N
B	L	C	E	R	T	C	E	S	H	D	E	E	C
D	L	I	Z	I	A	K	R	P	E	A	V	N	A
E	O	L	T	N	G	E	A	I	O	E	I	M	K
N	N	R	E	A	E	R	R	H	N	R	L	E	E
R	E	A	R	D	C	S	Z	C	M	B	O	A	M
O	I	G	P	E	H	N	S	C	E	N	N	L	I
C	U	C	I	S	E	A	B	S	A	O	E	S	X
I	A	N	S	L	E	H	C	U	T	C	E	P	P
F	E	C	U	A	S	Y	O	S	K	A	R	N	O
E	E	T	G	I	E	E	C	R	R	B	G	R	D

CHIPS
BREAD
RELISH
COTTAGE CHEESE
CORNER BEEF
BOUILLON
GREEN OLIVES
BACON
MARINADES
FROZEN MEALS
CRACKERS
PRETZELS
LUNCHEON MEAT
PANCAKE MIX
GARLIC SALT
SOY SAUCE

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S	B	T	O	A	E	N	H	I	L	E	Y	F	S
F	O	L	A	T	C	C	S	C	U	R	A	R	P
E	U	A	S	M	O	R	I	S	N	L	E	O	A
E	I	S	L	A	T	A	L	T	C	C	S	Z	N
B	L	C	E	R	T	C	E	S	H	D	E	E	C
D	L	I	Z	I	A	K	R	P	E	A	V	N	A
E	O	L	T	N	G	E	A	I	O	E	I	M	K
N	N	R	E	A	E	R	R	H	N	R	L	E	E
R	E	A	R	D	C	S	Z	C	M	B	O	A	M
O	I	G	P	E	H	N	S	C	E	N	N	L	I
C	U	C	I	S	E	A	B	S	A	O	E	S	X
I	A	N	S	L	E	H	C	U	T	C	E	P	P
F	E	C	U	A	S	Y	O	S	K	A	R	N	O
E	E	T	G	I	E	E	C	R	R	B	G	R	D