

BOUDIN

- **You are Watching Sodium**

Sodium is an essential nutrient. It helps to maintain blood volume, regulate the balance of water in the cells, and transmit nerve impulses. The American Heart Association recommends a maximum intake of 2,400 mg sodium per day. That's the amount in about 1 tsp. of salt.

If you are watching your sodium intake, try the following menu items:

- SOUPS:
 - Clam Chowder in a Bowl: 610 mg sodium
 - Carrot Ginger Soup in a Bowl: 870 mg sodium
- SALADS (bread not included):
 - Small Spring Salad with Dressing: 360 mg sodium
 - Small Spring Salad without Dressing: 150 mg sodium
 - Small Caesar Salad with Dressing: 470 mg sodium
 - Small Caesar Salad without Dressing: 170 mg sodium
- SANDWICHES: (excludes condiments)
 - Half Sandwich – California Veggie: 500 mg sodium
 - Half Sandwich – Turkey Avocado: 700 mg sodium
 - Half Sandwich – Tender Roast Beef: 575 mg sodium
 - Half Sandwich – Pesto Roast Beef: 725 mg sodium
- PIZZAS:
 - Half Pizza – Tomato Basil Garlic Pizza: 900 mg sodium