

Sodium Content of Chinese Sauces

- The Dietary Guidelines for Americans recommend that everyone should consume less than 2,300 milligrams (mg) of sodium each day, about 1 teaspoon of table salt. People with hypertension should eat less than 1,500mg of sodium per day.
- A Lot of Chinese sauces and dressings are high in sodium. The table below lists the common Chinese sauces and dressings with high sodium. Try to use as little as possible or substitute with herbs and spices that can add flavor to your dish, such as **garlic, ginger, green onion, vinegar, lemon juice, lemongrass, zedoary (sand ginger) powder, five spice powder, Sichuan pepper, star anise and basil.**

Sauce/Condiment	Portion	Sodium (mg)	(%DV)
Baking Soda	1 tablespoon	3773	156%
Chicken Powder	1 tablespoon	2700	113%
MSG	1 tablespoon	2061	86%
Fish Sauce	1 tablespoon	1422	59%
Shrimp Paste	1 tablespoon	1413	59%
Broad bean Paste (Doubanjiang)	1 tablespoon	1170	49%
Chu Hou Sauce	1 tablespoon	939	39%
Soy Sauce	1 tablespoon	920	38%
Oyster Sauce	1 tablespoon	850	35%
Black Bean Sauce	1 tablespoon	666	28%
Seafood Sauce	1 tablespoon	510	21%
Chinese BBQ Sauce	1 tablespoon	360	15%
Shacha Sauce	1 tablespoon	297	12%
XO Sauce	1 tablespoon	270	11%