

# Sodium Content of Chinese Sauces and Condiments



American Heart Association

華人心臟協會  
美國心臟協會三藩市區會

A Lot of Chinese sauces and condiments are high in sodium. The table below lists some common examples. Try to limit them to cut down on sodium intake. The American Heart Association recommends that you aim to eat less than 1,500mg of sodium per day.

There are many low sodium herbs and spices that can add flavor to your dish, such as **garlic, ginger, green onion, cilantro, vinegar, lemon juice, lemongrass, garlic powder, onion powder, zedoary (sand ginger) powder, five spice powder, Sichuan pepper, star anise and basil.**

Use them to replace the high sodium sauces and condiments.

Sauce/Condiment	Portion	Sodium (mg)
Salt	1 teaspoon	2300
Meat Tenderizer powder	1 teaspoon	1600
Baking Soda	1 teaspoon	1258
Chicken Powder/Essence	1 teaspoon	900
MSG	1 teaspoon	687
Shrimp Paste	1 teaspoon	474
Fish Sauce	1 teaspoon	471
Broad Bean Paste (Doubanjiang)	1 teaspoon	390
Red Fermented Bean Curd	1 square	340
Fermented Bean Curd	1 square	316
Chu Hou Sauce	1 teaspoon	313
Soy Sauce	1 teaspoon	307
Chinese Barbecue Sauce (Shacha Sauce)	1 teaspoon	297
Oyster Sauce	1 teaspoon	283
Black Bean Sauce	1 teaspoon	222
Hoisin Sauce	1 teaspoon	170
Char Siu Sauce	1 teaspoon	120
XO Sauce	1 teaspoon	90
Plum Sauce	1 teaspoon	87

\* 1 tablespoon = 3 teaspoon \*