

**Examples of commonly eaten foods with sodium levels that exceed the recommended daily allowance of 2,000mg a day**

<b>Dishes</b>	<b>Sodium content (mg) per dish</b>
<b><i>Soupy dishes</i></b>	
Bak chor mee soup	2,300mg
Fishball noodle soup	2,500mg
Yong tau foo	2,700mg
Mee soto	3,700mg
Seafood tom yum noodle soup	3,700mg
<b><i>Gravy based dishes</i></b>	
Seafood hor fun	2,800mg
Mee siam	2,700mg
Mee rebus	3,100mg
Laksa	3,100mg
Lor mee	3,500mg
<b><i>Dry noodles and rice-based dishes</i></b>	
Economic beehoon	2,300mg
Mutton briyani	2,300mg
Pad thai	2,500mg
Nasi lemak	2,800mg
Mee goreng	3,900mg
<b><i>Fast foods</i></b>	
Chicken cutlet, fries and chilli	2,100mg
Nachos, salsa and guacamole	2,200mg
Chicken burrito	2,400mg
Fish & chips	2,600mg
3pc fried chicken, fries and mash	3,000mg