

SALT ASSAULT #8

Veggie Burgers



Amy's¹
California Veggie
Burger

SODIUM 700 mg/100 g
WEIGHT PER BURGER 71 g



3½ TIMES
MORE
SODIUM
THAN

Sunshine Burgers
Falafel Burger

SODIUM 200 mg/100 g
WEIGHT PER BURGER 75 g



Source: Data retrieved from company websites and in-store products between June 22, 2017, and July 12, 2017. Sample size: 39.

¹Amy's also makes a California Veggie Burger, Light in Sodium, which contains 350 mg sodium/100g.

For more information, contact the Center for Science in the Public Interest at healthpromotion@cspinet.org.