



Sodium Rich



Apples	Collard Greens	Kelp	Sesame Seeds
Apricots - Dried	Dandelion Greens	Lentils	Spinach - New Zealand
Asparagus	Dates	Milk - Raw	Strawberries
Barley	Dulse	Mustard Greens	Sunflower Seeds
Beets and Greens	Egg Yolks	Okra	Swiss Chard
Cabbage - Red	Figs	Olives - Black	Turnips
Carrots	Fish	Parsley	Veal Joint Broth
Celery	Goat Milk	Peas - Dried	Whey
Cheeses	Horseradish	Peppers - Hot Red, Dried	
Chickpeas - Dried	Irish Moss	Prunes	
Coconut	Kale	Raisins	

Veal joint broth and powdered whey (cow's or goat milk) are highly concentrated sources of sodium.

Goat milk or whey and black mission figs are a superior sodium combination (and this is also a champion arthritis remedy).

Fair sources of sodium include other cabbage, water chestnuts, garlic, peaches (dried), radishes, broccoli, brussels sprouts and cashews.