

Published based on [30 Saltiest Foods in America](#)

30 Saltiest Foods in America

Everybody loves salt! But it is pretty unhealthy. But even though it is unhealthy restaurants like to put tons of it in their foods. Here is a list of the thirty saltiest foods in America.

When you eat out at most restaurants, from the highest of the high-end to the cheapest and fastest of the drive-thrus, you're all but guaranteed to take in more than your recommended daily intake for sodium—about 2,300 milligrams of sodium, max. But salt is so cheap and, let's face it, makes so many foods taste delicious, that it's in nearly everything. In fact, the average American takes in about 3,300 milligrams of sodium every single day!

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