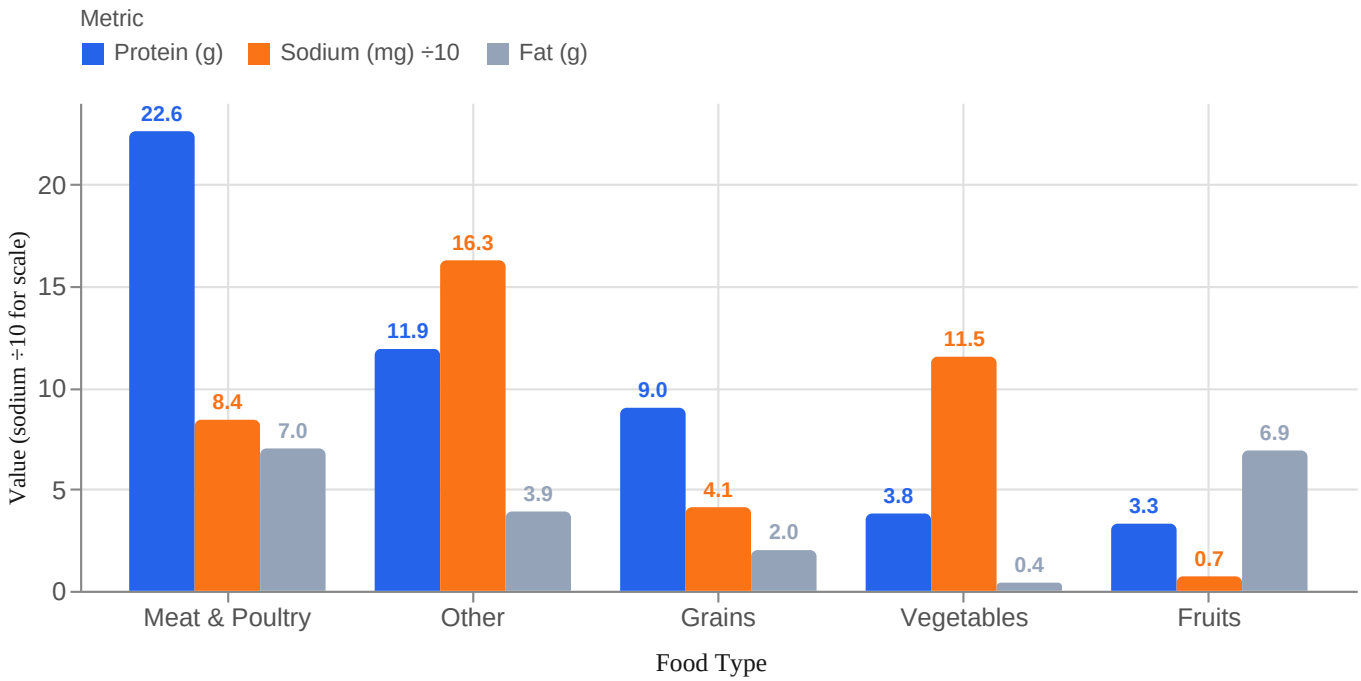
Meat & Poultry leads on protein but 'Other' carries the highest sodium risk

200 foods across 5 types (Other×100, Meat & Poultry×65, Vegetables×19, Grains×9, Fruits×7) with macro and sodium profiles per item.



Grouped bar comparing mean protein, fat, and scaled sodium across 5 food types (200 foods). Sodium divided by 10 to share the same axis scale.

Dataset Snapshot

200 foods across 5 types (Other×100, Meat & Poultry×65, Vegetables×19, Grains×9, Fruits×7) with macro and sodium profiles per item.

Key Insight

Meat & Poultry delivers the highest mean protein (22.6 g) but at a moderate sodium cost (84 mg), making it the best lean high-protein bet — while 'Other' is the riskiest category with sodium nearly double at 159 mg and protein nearly half at 11.9 g.
- Meat & Poultry: protein 22.6 g, sodium 84 mg, fat 7.0 g — best protein-to-sodium ratio of any type.
- Grains: protein 9.0 g, sodium only 41 mg — low sodium but protein yield is weak for a high-protein goal.
- 'Other' (n=100): sodium 159 mg avg, protein 11.9 g — worst ratio; highly heterogeneous catch-all group.

Practical read: If you want leaner high-protein options, prioritize Meat & Poultry and apply a sodium ceiling (~80–100 mg) to filter within the category. Avoid defaulting to 'Other' items without checking sodium — that group hides high-sodium processed foods behind a modest protein number.

Supporting Chart

Grouped bar chart comparing three metrics (protein, fat, sodium÷10) side-by-side per food type, revealing the protein-sodium trade-off across categories at a glance.

Why This Matters

- Meat & Poultry offers a 2.7× protein advantage over Vegetables and Fruits, making it the dominant high-protein category when sodium is managed.
- 'Other' is the highest-sodium group (159 mg mean) despite ranking only 3rd on protein — a poor trade-off for lean eating.
- Grains and Vegetables are sodium-safe but deliver "d9 g protein on averag high-protein goals.

Confidence and Limits

Means are pulled across heterogeneous items within each type; 'Other' (n=100) is especially mixed and its averages mask wide within-group variance. The protein-r-sodium correlation is only –0.23, so low sodium does not guarantee high protein.