

Salt Equivalent ↔ Sodium Conversion Table (Japan)

Japanese food labels list しょうくえんそうとうりょう 食塩相当量 (salt equivalent) in grams. Use this table to convert to sodium (mg) using the formula:

$$\text{Sodium (mg)} = \text{Salt equivalent (g)} \times 393.4$$

食塩相当量 (Salt Equivalent, g)	ナトリウム (Sodium, mg)
0.1 g	39 mg
0.2 g	79 mg
0.3 g	118 mg
0.4 g	157 mg
0.5 g	197 mg
0.6 g	236 mg
0.7 g	275 mg
0.8 g	315 mg
0.9 g	354 mg
1.0 g	393 mg
1.1 g	433 mg
1.2 g	472 mg
1.3 g	511 mg
1.4 g	551 mg
1.5 g	590 mg
1.6 g	629 mg
1.7 g	669 mg
1.8 g	708 mg
1.9 g	747 mg
2.0 g	787 mg
2.1 g	826 mg
2.2 g	865 mg
2.3 g	905 mg
2.4 g	944 mg
2.5 g	984 mg
2.6 g	1023 mg
2.7 g	1062 mg
2.8 g	1102 mg
2.9 g	1141 mg
3.0 g	1180 mg
3.1 g	1220 mg
3.2 g	1259 mg
3.3 g	1298 mg
3.4 g	1338 mg
3.5 g	1377 mg
3.6 g	1416 mg
3.7 g	1456 mg
3.8 g	1495 mg
3.9 g	1534 mg
4.0 g	1574 mg
4.1 g	1613 mg
4.2 g	1652 mg
4.3 g	1692 mg
4.4 g	1731 mg
4.5 g	1770 mg
4.6 g	1810 mg
4.7 g	1849 mg
4.8 g	1888 mg
4.9 g	1928 mg
5.0 g	1967 mg

Notes:

- Multiply the labeled salt equivalent (g) by **393.4** to get sodium in mg.
- Example: 食塩相当量 0.8 g → $0.8 \times 393.4 = \text{約 } 315 \text{ mg}$ ナトリウム.
- Useful for calculating sodium intake in nutrition logs and meal tracking.