

Stock Strength & Sodium — Home Cooking Reference (

DEFINITION OF STRENGTH (Bouillon Cubes)

- Full strength: 1 bouillon cube per 1 cup
(240 ml) water ≈ 900 mg sodium
per cup.
- $\frac{2}{3}$ -strength: 600 mg sodium per cup.
- $\frac{1}{2}$ -strength (default): ≈ 450 mg sodium per cup.
- $\frac{1}{3}$ -strength: 300 mg sodium per cup.
- $\frac{1}{4}$ -strength: 225 mg sodium per cup.



Strength refers to the final seasoning intensity of the finished liquid, not how concentrated the cube is when dissolved.

BOUILLON CUBES — TOTAL SODIUM BY VOLUME

- 1 cup: $\frac{1}{4}$ =225 mg | $\frac{1}{3}$ =300 mg | $\frac{1}{2}$ =450 mg | $\frac{2}{3}$ =600 mg | Full=900 mg
- 2 cups: $\frac{1}{4}$ =450 mg | $\frac{1}{3}$ =600 mg | $\frac{1}{2}$ =900 mg | $\frac{2}{3}$ =1,200 mg | Full=1,800 mg
- 4 cups: $\frac{1}{4}$ =900 mg | $\frac{1}{3}$ =1,200 mg | $\frac{1}{2}$ =1,800 mg | $\frac{2}{3}$ =2,400 mg | Full=3,600 mg
- 6 cups: $\frac{1}{4}$ =1,350 mg | $\frac{1}{3}$ =1,800 mg | $\frac{1}{2}$ =2,700 mg | $\frac{2}{3}$ =3,600 mg | Full=5,400 mg
- 8 cups: $\frac{1}{4}$ =1,800 mg | $\frac{1}{3}$ =2,400 mg | $\frac{1}{2}$ =3,600 mg | $\frac{2}{3}$ =4,800 mg | Full=7,200 mg
- 10 cups: $\frac{1}{4}$ =2,250 mg | $\frac{1}{3}$ =3,000 mg | $\frac{1}{2}$ =4,500 mg | $\frac{2}{3}$ =6,000 mg | Full=9,000 mg

DEFINITION OF STRENGTH (Youki Granules)

Full strength: 1 tsp Youki granules per 1 cup (240 ml) water ≈ 900 mg sodium per cup.

- $\frac{2}{3}$ -strength: $\frac{2}{3}$ tsp per cup ≈ 600 mg sodium.
- $\frac{1}{2}$ -strength (default): $\frac{1}{2}$ tsp per cup ≈ 450 mg sodium.
- $\frac{1}{3}$ -strength: $\frac{1}{3}$ tsp per cup ≈ 300 mg sodium.
- $\frac{1}{4}$ -strength: $\frac{1}{4}$ tsp per cup ≈ 225 mg sodium.

COOKING GUIDELINE

Default to $\frac{1}{2}$ -strength stock for soups, stews, daxis, and casseroles.

Adjust after starches cook. Enhance with aromatics, miso, acid, or small amounts of MSG instead of additional salt.

