



Boar's Head
Compromise elsewhere.

PILE ON THE FLAVOR, NOT THE SALT



A COMPLETE LINE OF LOWER SODIUM
MEATS AND CHEESES

All of our products are made with exceptional care and attention to quality.

Since 1905, Boar's Head has been a family business. In the beginning we had a very simple idea. Make the finest cold cuts possible. Nothing less.

We still insist on the same unwavering commitment to those standards we established long ago, standards mostly abandoned in a mass-produced world. Meats and cheeses that contain no gluten*, artificial colors or flavors, MSG added, fillers or by-products, or trans fat†.

To this day, we start out with only the finest ingredients. Pure beef, pork and poultry, and real spices. Our ham is trimmed by hand the old-fashioned way, and our turkey and chicken are oven roasted, just the way you roast yours.

Boar's Head is proud and honored to be the name you can trust for the nutrition of your family.

For additional nutritional information please call
Boar's Head Brand® 1-800-352-6277

Boar's Head Brand®
1819 Main Street, Suite 800
Sarasota, FL 34236



* All Boar's Head meats, cheeses, spreads and condiments are gluten free.
† From partially hydrogenated oils.

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Proudly Featuring
Boar's Head

**BOAR'S HEAD IS PROUD TO OFFER
A COMPLETE LINE OF LOWER SODIUM
MEATS AND CHEESES.**

PREMIUM MEATS • 2 OZ (56G) SERVING UNLESS NOTED SODIUM % DV

42% Lower Sodium Branded Deluxe Ham	480mg ⁷	20%
SmokeMaster Beechwood Smoked™ Black Forest Ham - With Natural Juices - 31% Lower Sodium	460mg ¹	19%
33% Lower Sodium Bologna	360mg ⁶	15%
Our Premium Lower Sodium Turkey Breast - 46% Lower Sodium - Skinless - 46% Lower Sodium - Skin-On	360mg ⁴ 360mg ⁴	15% 15%
Ovengold® Roasted Breast of Turkey - 46% Lower Sodium - Skinless	360mg ⁴	15%
Hickory Smoked Black Forest Turkey Breast - 40% Lower Sodium	390mg ⁹	16%
Deluxe Low Sodium Oven Roasted Beef - Cap Off Top Round	80mg ²	3%
No Salt Added Oven Roasted Beef ⁸	40mg ³	2%
No Salt Added Oven Roasted Turkey Breast	55mg ³	2%
Lite Beef Frankfurters - 40% Lower Sodium (per 45g Frank)	270mg ¹⁰	11%
Mesquite Wood Smoked® Roasted Turkey Breast - 32% Lower Sodium	440mg ¹¹	18%
Golden Catering Style Oven Roasted Turkey Breast - 43% Lower Sodium	380mg ⁵	14%
Golden Classic® Oven Roasted Chicken Breast - 42% Lower Sodium	350mg ¹²	15%



PREMIUM CHEESES • 1 OZ (28G) SERVING

	SODIUM	% DV
44% Lower Sodium Provolone Cheese	140mg ¹³	6%
Lacey Swiss Cheese	35mg ²	1%
Low Sodium Muenster Cheese	75mg ²	3%
Gold Label Imported Switzerland Swiss® Cheese	60mg ²	2%
No Salt Added All Natural Swiss Cheese	10mg ³	0%
33% Lower Fat - 36% Lower Sodium American Cheese - Reduced Fat Pasteurized Process American Cheese	300mg ¹⁴	12%



1. 31% less sodium than the USDA data for extra lean roasted ham.
2. Naturally low in sodium.
3. Not a sodium-free food.
4. 46% lower sodium than USDA data for deli cut white rotisserie turkey.
5. 43% lower sodium than USDA data for deli cut white rotisserie turkey.
6. 33% lower sodium than USDA data for bologna.
7. 42% lower sodium than USDA data for regular boneless roasted ham.
8. Nutrition for Top Round.
9. 40% lower sodium than USDA data for smoked turkey with lemon pepper flavor.
10. 40% lower sodium than USDA data for beef frankfurters.
11. 32% lower sodium than USDA data for smoked turkey with lemon pepper flavor.
12. 42% lower sodium than USDA data for oven roasted deli sliced chicken breast.
13. 44% lower sodium than USDA data for regular provolone cheese.
14. 36% less sodium 33% less fat than the USDA data for pasteurized process american cheese.

DV=Daily Value