

PILE ON THE FLAVOR, NOT THE SALT



A COMPLETE LINE OF LOWER SODIUM
MEATS AND CHEESES



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

BEEF

No Salt Added Roast Beef ⁸	40mg ³	2%
Deluxe Low Sodium Roast Beef	80mg	3%
Simplicity [®] All Natural* Roast Beef	140mg ¹⁶	6%
33% Lower Sodium Bologna	360mg ⁶	15%

HAM

42% Lower Sodium Branded Deluxe Ham -Water Added	480mg ⁷	20%
Uncured Ham Steak -27% Lower Sodium	780mg ¹⁷	32%
SmokeMaster Beechwood Smoked [®] Black Forest Ham - With Natural Juices - 31% Lower Sodium	460mg ¹	19%

TURKEY

46% Lower Sodium Turkey Breast	360mg ⁴	15%
Ovengold [®] Turkey Breast - 46% Lower Sodium	360mg ⁴	15%
Hickory Smoked Black Forest Turkey Breast - 40% Lower Sodium	390mg ⁹	16%
No Salt Added Turkey Breast	55mg ³	2%
Mesquite Wood Smoked [®] Roasted Turkey Breast - 32% Lower Sodium	440mg ¹¹	18%
Golden Catering Turkey Breast - 43% Lower Sodium	380mg ⁵	14%

CHICKEN

Golden Classic [®] Chicken Breast - 42% Lower Sodium	350mg ¹²	15%
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*No artificial ingredients, minimally processed.



CONDIMENTS • 1 TSP (5g) SERVING

54% Lower Sodium Yellow Mustard

SODIUM % DV

25mg¹⁵ 1%

PREMIUM CHEESES • 1 OZ (28g) SERVING

44% Lower Sodium Provolone Cheese

SODIUM % DV

140mg¹³ 6%

Lacey Swiss Cheese

35mg² 1%

Low Sodium Muenster Cheese

75mg² 3%

Imported Switzerland Swiss™ Cheese

60mg² 2%

33% Lower Fat & 36% Lower Sodium American Cheese

- Reduced Fat Pasteurized Process American Cheese

300mg¹⁴ 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.
15. 54% lower sodium than data for prepared yellow mustard.
16. No artificial ingredients, minimally processed.
17. Sodium content 780 MG per serving compared to 1070 MG per serving for USDA data for Ham Steak.

DV = Daily Value



Boar's Head

Compromise elsewhere.

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. Our meats and cheeses contain no gluten*, artificial colors or flavors, added MSG, fillers or by-products, or trans fat†.

To this day, we start with exceptional ingredients: whole muscle beef, pork and poultry, and spices sourced from around the globe. This is how we did it in the beginning and how we continue to make our products today.

Boar's Head is proud to be the brand in which consumers continue to place their trust.

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

Boar's Head Provisions Co., Inc
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* All Boar's Head meats, cheeses, spreads and condiments are gluten free.

† From partially hydrogenated oils.