

PILE ON THE FLAVOR, NOT THE SALT



A COMPLETE LINE OF LOWER SODIUM
MEATS AND CHEESES



Boar's  Head

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	480mg⁷	20%
SmokeMaster® Beechwood Smoked Black Forest Ham - With Natural Juices - 31% Lower Sodium	460mg¹	19%
33% Lower Sodium Bologna	360mg⁶	15%
Our Premium Lower Sodium Turkey Breast - 46% Lower Sodium - Skinless	360mg⁴	15%
- 46% Lower Sodium - Skin-On	360mg⁴	15%
Ovengold® Roasted Turkey Breast - 46% Lower Sodium - Skinless	360mg⁴	15%
Hickory Smoked Black Forest Turkey Breast - 40% Lower Sodium	390mg⁹	16%
No Salt Added Custom Cut™ Roasted Beef Top Round⁸	40mg³	2%
No Salt Added Oven Roasted Turkey Breast	55mg³	2%
Lite Beef Frankfurters - 40% Lower Sodium (per 45g Frank)	270mg¹⁰	11%
Mesquite Wood Smoked® Roasted Turkey Breast - 32% Lower Sodium	440mg¹¹	18%
Golden Catering Style Oven Roasted Turkey Breast - 43% Lower Sodium	380mg⁵	14%
Golden Classic® Oven Roasted Chicken Breast - 42% Lower Sodium	350mg¹²	15%





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.

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.