



HOW MUCH SALT DOES YOUR CHILD EAT?



How much sodium do kids eat on average?

- Kids 6-10: 2,903 mg of sodium
- Kids 11-13: 3,194 mg of sodium
- Kids 14-18: 3,672 mg of sodium
- Recommended daily value for sodium intake = 1,500 mg












How much sodium do your kids' favorite foods have?

- Pizza (2 slices)
- Sandwich
 - White bread (2 slices)
 - Cold cut turkey (6 slices)
 - Cheese (1 slice)
- Tomato soup (1/2 cup)
- Potato chips (1 oz.)
- Buttered Popcorn (5 cups)
- Pretzels (1 oz.)
- Burrito with chicken, white rice, black beans, cheese and guacamole



Here are some kid-friendly substitutes:

- Apple cinnamon overnight oats
- Sandwich
 - Whole wheat bread (2 slices)
 - Roasted 3 oz. chicken or turkey breast
 - Cheese (1 slice)
- Banana (1)
- Apple (1)
- Strawberry yogurt (1 container/ 170 g)
- Whole grain spaghetti with meat sauce (3 oz. ground beef, ½ cup Italian sauce)

	95 mg
	610 mg
	240 mg
	60 mg
	310 mg
	1 mg
	0 mg
	90 mg
	550 mg

The following menu shows just how much you can reduce the amount of sodium in your child's diet by substituting their favorite foods with healthier, kid-friendly choices!

<u>Meal</u>	<u>Typical Day</u> 😞	<u>Healthy Day</u> 😊	<u>How much did you improve?</u>
Breakfast	<ul style="list-style-type: none"> • Egg & cheese sandwich → 760 mg 	<ul style="list-style-type: none"> • 1 cup of Cheerios & ½ cup of skim milk → 140 mg 	620 mg!
Lunch	<ul style="list-style-type: none"> • ½ of a sandwich (white bread, cold cut turkey slices, cheese, lettuce) → 750 mg • ½ cup of tomato soup → 480 mg 	<ul style="list-style-type: none"> • ½ of a sandwich (whole wheat bread, 3 oz. roasted chicken or turkey breast, cheese, lettuce) → 305 mg • Banana → 1 mg 	924 mg!
Snack	<ul style="list-style-type: none"> • 1 oz. bag of potato chips → 170 mg 	<ul style="list-style-type: none"> • 1 container of strawberry yogurt → 90 mg 	80 mg!
Dinner	<ul style="list-style-type: none"> • 2 slices of pizza → 1500 mg 	<ul style="list-style-type: none"> • Whole grain spaghetti with meat sauce (3 oz. ground beef, ½ cup Italian sauce) → 550 mg 	950 mg!
Total	<p>3,660 mg (More than twice as much as the recommended daily value of 1,500 mg!)</p>	<p>1,086 mg (less than 1,500 mg!)</p>	2574 mg!