



life is whv®

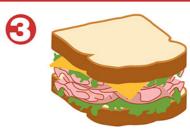
- About 90% of kids eat too much sodium.
- Kids' preferences for salty-tasting foods can be shaped early in life.
- Parents and caregivers can help lower sodium by influencing how foods are produced, purchased, prepared and served.

## **FOODS THAT ADD THE MOST SODIUM TO THE DIET, AGES 6-18:**

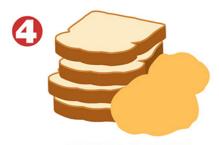




**BURRITOS & TACOS**\*



**SANDWICHES** 



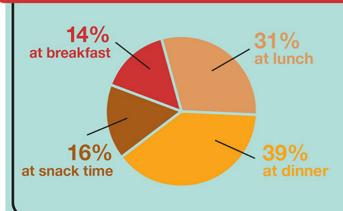
**BREADS & ROLLS** 







The sodium kids eat comes from every meal and snack:



Quader et al. Sodium Intake among US School-Aged Children: National Health and Nutrition Examination Survey, 2011-2012. Journal of the Academy of Nutrition and Dietetics. November 2016.

Most of the sodium kids eat is already in the foods they get from:

**SCHOOL CAFETERIAS STORES** RESTAURANTS



**58**%

10%

... and not from the salt shaker

Learn more at heart.org/sodiu

Source: http://www.cdc.gov/vitalsigns/children-sodium/
Vital Signs: Sodium Intake Among U.S. School-Aged Children — 2009–2010

<sup>\*</sup>Food category includes burritos, tacos, nachos, and other Mexican mixed dishes

<sup>\*\*</sup>sandwiches include burgers or Frankfurter sandwiches, chicken or turkey sandwiches, breakfast sandwiches, and other sandwiches