SECRET SALT SOURCES.

You can have too much sodium in your diet even if you never pick up the salt shaker. In fact, 75% of the salt we consume comes from fast food, restaurant meals, and processed and packaged foods. It's everywhere, and it's not always easy to tell how much salt you're getting. A plain bagel might not taste salty, but it may contain 500 mg or more of sodium. A single slice of American cheese? 350 mg. A measly tablespoon of ranch dressing? 165 mg. A slice of pizza? 500 mg plus. A fast food meal like the one pictured here? As much as 2000 mg of sodium. So you can easily get well over 1,000 mg of salt in every meal, not to mention snacks.

the big number

2300

The Dietary Guidelines for Americans recommend that healthy young people eat no more than 2300 mg of sodium per day.



And, yes, the salt you shake on counts, too -- a mere teaspoon of table salt contains 2,325 mg of sodium. So kids definitely don't need to be getting lots of salt at school, too. That's why we're committed to meeting new standards for limiting sodium in our lunches until we reach a maximum of 740 mg sodium per meal on average.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!™

This newsletter is provided as a wellness resource of the SBLC Food, Nutrition and Wellness Program.

WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"SECRET SALT SOURCES"

EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

OLIVES



Olives are rich in healthful anti-oxidants like vitamin E, and they're also a good source of healthy mono-unsaturated fat. BUT olives are also one of the few plant foods that are high in sodium -- and they're very high: 60 mg from a single olive!

LEARN EASIER

A diet that contains less sodium is generally healthier overall and can help kids steer clear of "adult" health problems like high blood pressure, diabetes, and obesity. And healthy, fit kids have the alertness of mind and energy to learn easier!



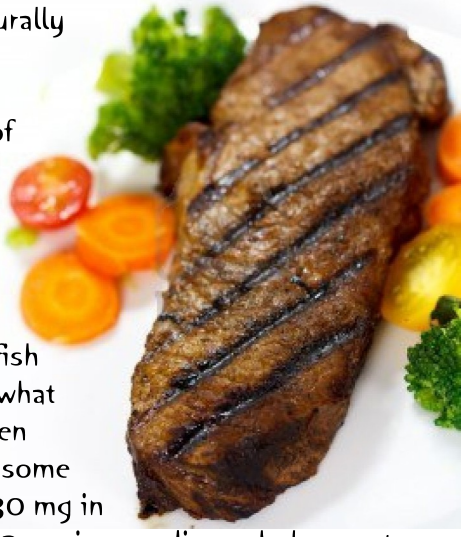
PLAY HARDER



A 20-ounce bottle of a popular sports drink contains 240 mg of sodium (plus 32 grams of sugar). That's 10% of the recommended daily sodium maximum. Endurance athletes and people who work out very intensely or in high heat might need that much sodium to replace what they lose by sweating. But the rest of us? Not so much.



LIVE HEALTHIER



Sodium occurs naturally in many foods, but usually in small quantities. A cup of milk has about 100 mg of sodium, most fresh meat and poultry has 50-100 mg per 3-oz. serving, and fish and shellfish somewhat more than that. Even vegetables contain some natural sodium -- 30 mg in a cup of broccoli, 42 mg in a medium whole carrot, 96 mg in a cup of celery, for example. With fresh foods, it's really all about how much salt you shake on or cook with. The less you use, the better.

As part of the new USDA regulations for school meals programs, we're committed to limiting sodium in our lunches until we reach an average maximum of 740 mg per meal. Throughout the school year, we'll be using the menu and this newsletter to tell you more about all of the new regulations and what we're doing for your kids!



DON'T 4GET!
Take at least ONE FRUIT or VEGGIE and at least THREE items total so your meal counts as a complete lunch!

School Meals
We serve education every day™

This newsletter is provided as a wellness resource by our school system's School Meals Program