



WHAT YOU SHOULD KNOW...

The sodium targets for school meals help kids eat less sodium while still getting the amount they need to stay healthy.

FOR SCHOOL NUTRITION PROFESSIONALS

WHAT'S SHAKING?

creative ways to

BOOST FLAVOR WITH LESS SODIUM



TOP SOURCES OF SODIUM FOR CHILDREN

- pizza
- bread
- cheese
- lunch meats
- chips

Lowering sodium in children's diets today can help prevent heart disease tomorrow.



SCHOOLS ARE MAKING A DIFFERENCE!

Before Updated Nutrition Standards (1,650 mg)

After (1,420 mg)

(Depicts sodium content data for high schools.)

School lunches now have 230 mg less sodium.



90%

of children in the United States consume too much sodium.

HOW YOU CAN REDUCE SODIUM *in* SCHOOL MEALS



1 USE HERBS & SPICES

Feature "Flavor Stations" in your cafeteria where students can add seasonings (without added sodium) that appeal to their tastes.



2 EXPLORE NEW RECIPES

Find large quantity recipes for school food service on the new recipe Web site, <http://www.WhatsCooking.fns.usda.gov>.



3 ORDER USDA FOODS

Stretch your budget and serve nutritious foods by planning your school meals around no-salt-added or low-sodium USDA Foods.



4 CONTACT VENDORS

Write bid specs that request lower sodium options. Depending on the brand, a food item may have different amounts of sodium.



Check out all of our resources at the "What's Shaking?" Web site:
[HTTP://HEALTHYMEALS.NAL.USDA.GOV/WHATSSHAKING](http://HEALTHYMEALS.NAL.USDA.GOV/WHATSSHAKING)

