



### 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)

