



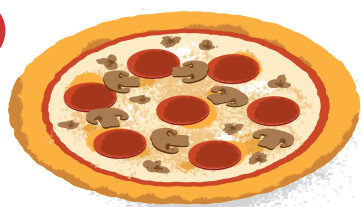
For Kids



- About 90% of kids eat too much sodium.
- Kids' preferences for salty-tasting foods are 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:

1



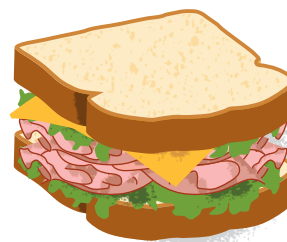
PIZZA

2



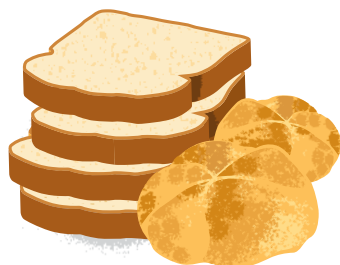
BURRITOS & TACOS*

3



SANDWICHES**

4



BREADS & ROLLS

5



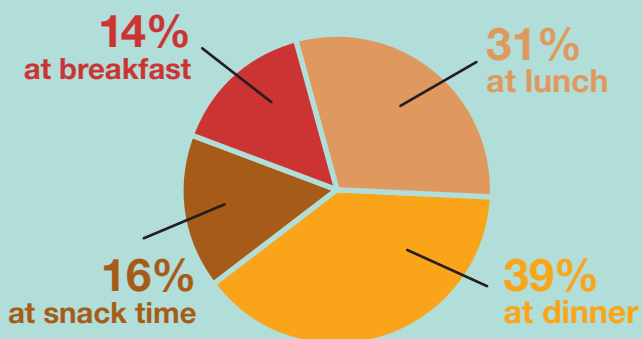
COLD CUTS & CURED MEATS

6



SOUPS

The sodium kids eat comes from every meal and snack:



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

STORES



58%

RESTAURANTS



23%

SCHOOL CAFETERIAS



10%

... and not from the salt shaker

Learn more at heart.org/sodium