



# For Kids



life is why®



- 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



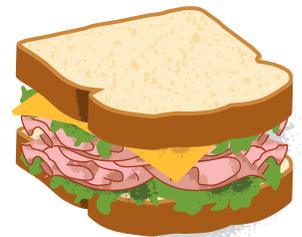
PIZZA

2



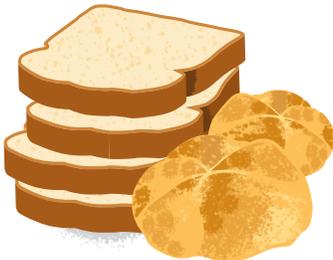
BURRITOS & TACOS\*

3



SANDWICHES\*\*

4



BREADS & ROLLS

5



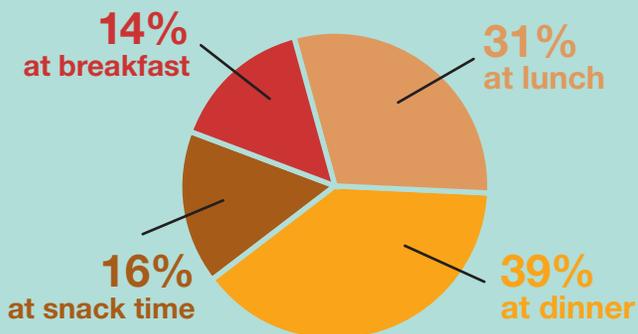
COLD CUTS & CURED MEATS

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](http://heart.org/sodium)

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

\*Food category includes burritos, tacos, nachos, and other Mexican mixed dishes  
 \*\*sandwiches include burgers or Frankfurter sandwiches, chicken or turkey sandwiches, breakfast sandwiches, and other sandwiches