



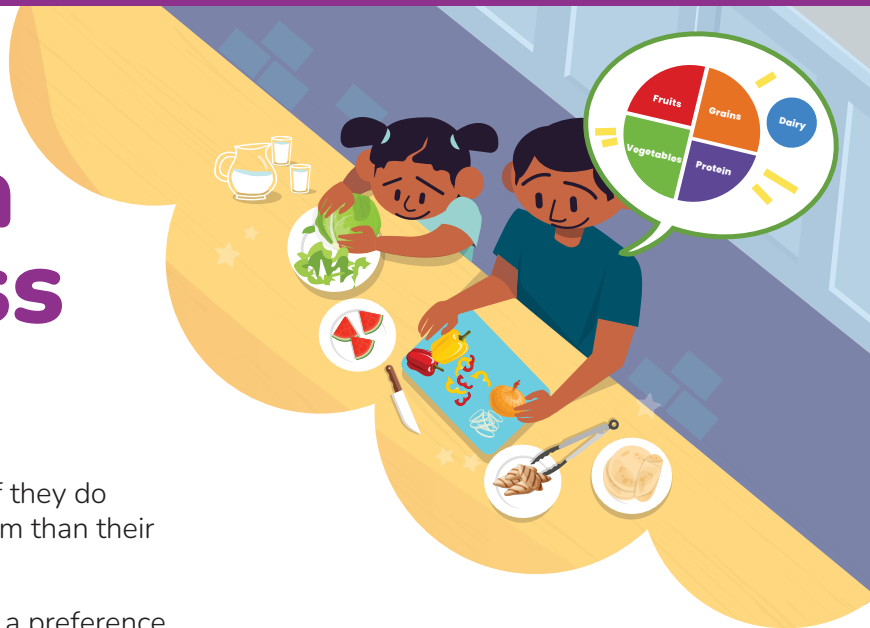
# Developing a Taste for Less Sodium

Sodium (salt) is found in many foods we eat, even if they do not taste salty. Children, like adults, get more sodium than their bodies need.

If salty foods are eaten often, children may develop a preference for salt in foods. By offering foods and drinks that are lower in sodium, adults can help children develop healthy eating patterns. Starting early in life can be easier than trying to change eating habits later on. This may help reduce the risk of certain health problems like high blood pressure.

## How Can I Find the Lower Sodium Option?

The Nutrition Facts label on food packages lists the amount of sodium in a food. Compare the amount of sodium in similar types of foods, such as crackers, and choose the ones that are lower in sodium.



### How Much Sodium Is Too Much?

Children ages 1–3 years should get less than 1,200 milligrams (mg) of sodium per day. Children ages 4–8 years should get less than 1,500 mg per day.

Check out the [MyPlate Plan](#) to find an eating plan that is right for your child.



Nutrition Facts	
28 servings per container	
<b>Serving size</b>	<b>5 Crackers</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>70</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>

**Sodium** 135mg



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Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>

**Sodium** 60mg

# How Can I Lower Sodium in Meals and Snacks?

Here are a few strategies that can lower the sodium you and your family eat:

## At the grocery store:

- Buy unprocessed protein foods such as lean chicken, turkey, seafood, pork, and meat more often than prepared, processed, and ready-to-eat meat and poultry. Examples of processed and prepared meats and poultry are sausages, bologna, frankfurters (hot dogs), luncheon meats (deli meats), pepperoni, and pre-marinated options.
- Look at labels on canned and packaged foods. Choose unsalted (no salt added), low-sodium, reduced sodium, or lightly salted foods instead of regular versions.
- Buy fruits and vegetables as snacks instead of chips, pretzels, and other salty snacks.

## At home:



Rinse canned beans and vegetables under cold water.



Use herbs and spices instead of salt.



Cook at home more often.

# How Can I Cook Foods With Lower Sodium Ingredients?

Herbs, spices, garlic, lemon juice, and vinegars are examples of ingredients you can use to add flavor to foods without adding salt. Avoid seasoning blends that contain sodium or salt (like garlic salt, seasoning salt, etc.).



Try “**Fish and Veggie Packets**” at your next meal.  
Find this recipe and more at [www.theicn.org/cnrb](http://www.theicn.org/cnrb).