About 90% of kids eat too much sodium. Kids’ preferences for salty-tasting foods can be 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:

- 14% at breakfast
- 31% at lunch
- 16% at snack time
- 39% at dinner

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

*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

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