

APRIL2014

## Limit Salt

As children's salt intake increases so does their blood pressure

### PARENTS

Limiting salt/sodium intake isn't advice just for adults with a heart problem anymore. Everyone, including children need to be careful not to eat too much salt. In fact, only very few of us limit our sodium intake and 3% of today's children have high blood pressure. You may not even know if your child is one of the 3% because they may appear totally healthy on the outside.

**Limit salt in your child's diet if any of the following describe your child:**

- Either biological parent had or has a history of heart disease or high blood pressure
- They eat a lot of meals prepared away from home
- They eat processed salty food
- They eat pizza more than once a week
- They eat cold cuts, bacon, hot dogs or sausages more than once a week.

**Why should you limit salt in your child's diet?** The following are risks of consuming too much salt over a period of time:

- Developing high blood pressure; as sodium increases so do kids blood pressures
- High blood pressure, which can lead to stroke and heart disease
- An increased risk of developing stomach cancer
- Calcium loss from bones which can weaken bones

**Where is the salt in your child's diet? 75% of it comes from processed food.** Children get too much salt in their diet from the obvious, highly salted processed foods (chips, pizza); and the not so obvious, eating a lot of food with lower amounts of sodium like yeast bread.

#### The Top 5 Sources of Sodium in a Child's Diet

- #1 Pizza
- #2 Chicken and Chicken Dishes
- #3 Yeast Bread
- #4 Pasta and Pasta Dishes
- #5 Sausages, Franks, Bacon, Ribs

#### TIPS TO REDUCE SALT INTAKE

1. Make more meals at home where you can control the salt
2. Switch to low sodium cold cuts, bread, sauces and soups
3. Limit salty snacks (chips, fries) to once a week
4. Make your own pizzas
5. Check sodium on the label, look for 140 mg or less per serving or 20% or less %DV for meals

#### FOR MORE INFO

**CDC:**

[http://www.cdc.gov/salt/pdfs/children\\_sodium.pdf](http://www.cdc.gov/salt/pdfs/children_sodium.pdf)

**Curriculum:**

<http://texasheart.org/HIC/ProjH/g1lesson2.cfm>

**USDA:**

<http://www.fns.usda.gov/tn/Resources/nutritionandwellness/sodium.pdf>

### RECOMMENDATIONS



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### RECOMMENDED DAILY LIMIT FOR SODIUM

The American Heart Association recommends that all individuals, kids too, should limit their intake of sodium to no more than 1,500 mg/day.

## WEEK 1 Switch to Making Your Own Pizza & Dinners at Home



## WEEK 2 Limit Chips or Fries to Once a Week at Most



## WEEK 3 Switch to Bread and Crackers that are Low in Salt (less than 140 mg per serving)



## Week 4 Have bacon, sausages or hot dogs no more than once a week



## Play the Spy Game

These foods have lots of salt:  
PIZZA, CHICKEN, PASTA,  
BACON, HOT DOGS,  
COLD CUTS, SOUP,  
CRACKERS, FRENCH FRIES,  
SAUSAGES and CHIPS

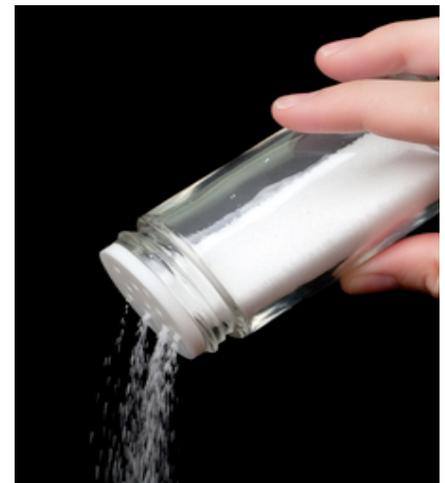
1. Put on your spy glasses
2. Turn the box, bag, or can over to the back to look at the Nutrition Facts label
3. Look for 140 mg or less of sodium per serving or
4. For meals look for 20%DV or less

## 140 is the Magic Number

### A FUN FACT



Your tongue can be trained just like a lion. Give it lots of salt and it roars for more salt. Once your tongue gets used to the taste of less salt it will be happy with less salt.



**Only buy snacks with Less Than 140 mg of sodium per serving**

**Meals should be less than 600 mg of sodium**

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