



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

## Limit Salt

Limiting salt/sodium intake isn't just advice for adults with heart problems anymore. Everyone, including children, need to be careful not to eat too much salt. In fact, 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 does kids' blood pressure
- 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, hot dogs, 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, etc) to once a week.
4. Use more canola and olive oil and cut back on butter
5. Make your own pizza
6. Check sodium on the label, look for 140 mg or less per serving or 20% or less %DV for meals

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### MORE INFORMATION

#### 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>

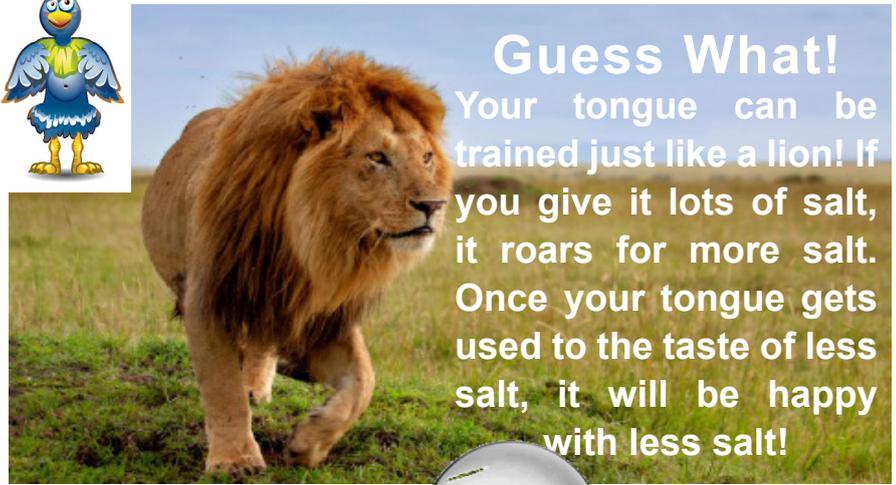
#### USDA:

<http://www.choosemyplate.gov/sodium>

### 2015 Dietary Guidelines Recommend No More Than the Following Amount of Salt in Your Child's Diet:

- 1,500mg for children 1-3 yrs
- 1,900mg for children 4-8 yrs
- 2,200mg for children 9-13 yrs
- 2,300mg for children 14+ yrs

# KIDS!

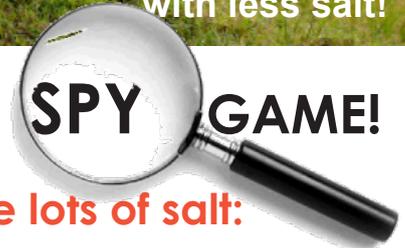


**Guess What!**  
Your tongue can be trained just like a lion! If you give it lots of salt, it roars for more salt. Once your tongue gets used to the taste of less salt, it will be happy with less salt!

**140**  
is the magic number!!  
Only eat snacks with less than **140mg** of sodium per serving!  
Meals should be less than **600 mg** of sodium.



## 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 and look at the Nutrition Facts
- #3. Look for 140 mg or less of sodium per serving
- #4. For meals, look for 20%DV or less

## BUILD A HEALTHIER YOU...

Check the box or add a sticker when you finish the weekly challenge!!

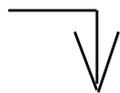
**WEEK 1: Switch to bread and crackers that are low in salt!**

**WEEK 2: Limit french fries and chips to once a week, at the most!**

**\*\*REPLACE French fries with baked potato, fried chicken with grilled chicken, and hamburger with whole grain turkey sandwich.**

**WEEK 3: Switch to making your own pizza and dinners at home!**

**WEEK 4: Have bacon, sausages, or hot dogs no more than once a week!**



# SODIUM = SALT

