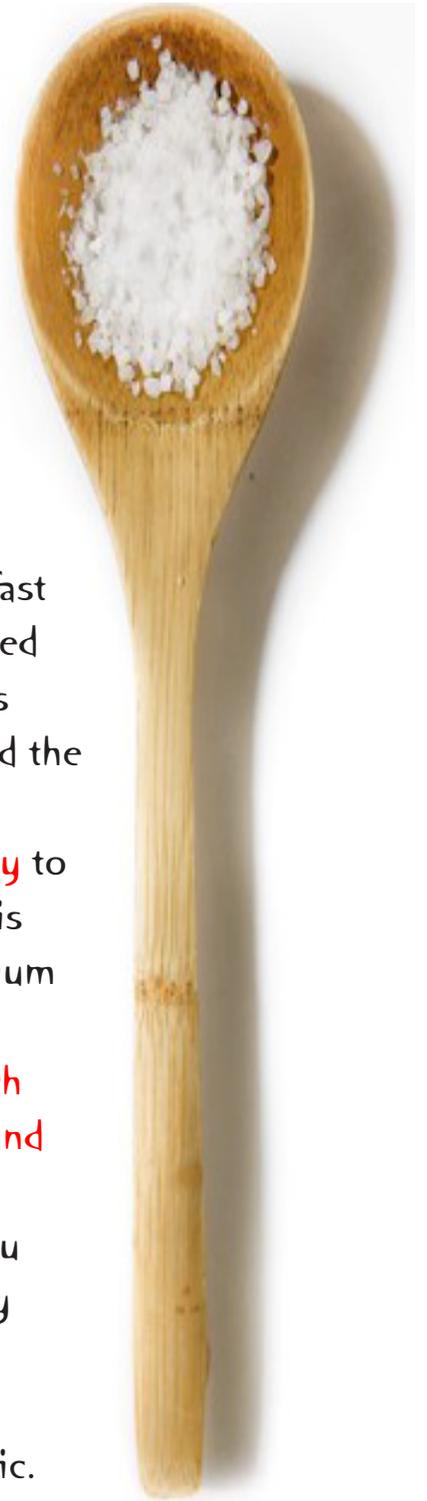


COOK FRESH.

We all eat way too much sodium, and young adults, teens, and kids eat more of it than anyone else. And no wonder. Today's meals and snacks are often grab and go, and **many of our most popular processed foods – cereal, ketchup, cheese, and soda, to name just a few common items -- are often loaded with sodium** (whether you can taste it or not). Plus, **most restaurant meals are very high in salt**, too. You can try to avoid fast food and ask for your meals at sit-down restaurants to be prepared without salt. You can also check the labels on convenience foods

you eat at home, and avoid the ones that are highest in sodium. But **the best way** to be sure that your family is not eating too much sodium is to **cook fresh foods at home, don't add too much salt during preparation, and keep your hands off the shaker at the table**. If you miss the flavor of salt, try using more black pepper, lemon juice, hot sauce, herbs, onion, and/or garlic.



the big number

2325

A teaspoon of salt equals 2325 mg of sodium. The RDA for sodium ranges from 1500-2300 mg/day.

**EAT BETTER. PLAY HARDER.
LIVE HEALTHIER. LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!

This newsletter is provided as a wellness resource by our school system's School Meals Program

WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

“COOK FRESH”

EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

BROCCOLI



Most vegetables are very low in sodium. For example, broccoli, in addition to its many nutritional benefits, contains only 20 mg of sodium per half cup. The trick is not to load up your veggies and other healthy foods with table salt.

LIVE HEALTHIER

We all need salt to live – about 500 mg a day is adequate for good health. Most Americans, though, get 4,000 mg a day. 80% of our intake typically



comes from sodium in processed and prepared foods we eat at home and at restaurants. The rest comes from table salt and salt that occurs naturally in fresh food. At an early age, kids develop a salt habit that can lead to high blood pressure even when they're young and to many health problems as they get older. The sooner you kick the salt habit, the healthier you'll be for the rest of your life.

LEARN EASIER

The best way to learn about your own sodium intake is to add up all the sodium you eat in a single day. Check all the nutrition labels and use the internet for fast food and other items. You'll probably be surprised at how much sodium you consume!



Sodium levels in school meals are on the way down, too.

For the first time, the U.S. Department of Agriculture's new guidelines for school meals will address sodium levels in the meals we serve, and we'll be doing our part to help reduce kids' daily intake of sodium. The guidelines establish maximum sodium levels ranging from 640-740 mg per lunch for kids of different ages, and many meal choices will be below those maximum levels. We hope that we can help families cut back on sodium, as well as providing convenient, economical, and healthy meals for kids.

PLAY HARDER



Up to 30% of the finishers at the Hawaii Ironman race are “hyponatremic,” meaning that they have a low concentration of sodium in the blood. Endurance athletes – like long-distance cyclists, triathletes, and marathoners – and people exercising at length in conditions that make them sweat heavily need to make sure they get enough sodium and other minerals to replace what the body loses.

School Meals
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