About 90% of kids eat too much sodium.

Kids’ preferences for salty-tasting foods are 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
- 16% at snack time
- 31% at lunch
- 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
