



SODIUM

New Standard

School Food Authorities shall limit sodium to 2mg per calorie.

This is not a new standard for Idaho Child Nutrition Programs.

Rationale

The *2005 Dietary Guidelines for Americans* (DGAs) recommend consuming less than 2,300mg of sodium (approximately 1 teaspoon of salt) per day. Many students eat nearly double the daily recommended amount.

School Food Authorities should begin reducing sodium incrementally with a long-term plan for meeting the DGAs recommendation, which would be to offer lunch with less than 800mg of sodium.

Nearly all Americans consume more sodium than they need. A taste for salt is a learned habit. Reducing dietary sodium can lower blood pressure, which reduces the risk of heart disease, stroke, and kidney disease. By gradually reducing the salt and sodium in school meals, students' tastes can change.

What is Sodium?

Salt is sodium chloride. Food labels list sodium rather than salt content. Processed foods are high in sodium, contributing 75% of sodium to the American diet. Table salt is not the only source of sodium. Keep an eye out for other ingredients that contain sodium such as monosodium glutamate (MSG), baking soda, baking powder, disodium phosphate, sodium alginate, and sodium nitrate or nitrite.

