

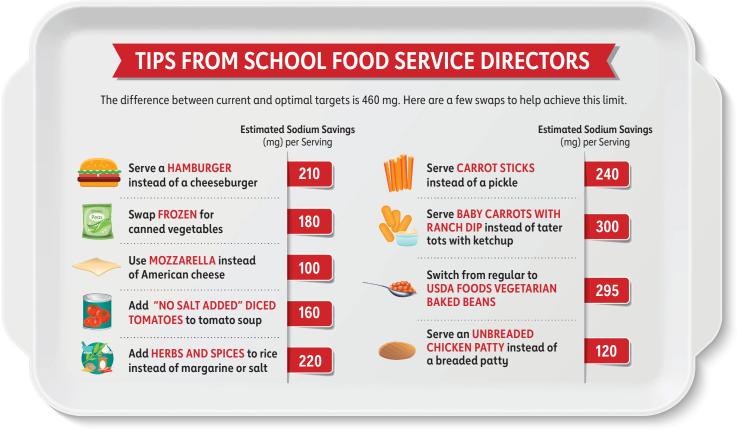
## OWERING SODUM IN SCHOOL

The recommended maximum sodium intake for school-age kids is between 1,500 and 2,300 milligrams (mg) per day.

Most children only need 1,000 to 1,500 mg of sodium per day depending on age.

The chart shows an example of what a middle-school lunch could look like before sodium standards were added and a four-stage reduction to the align with the sodium dietary reference intake established by the National Academy of Medicine.

Old School Lunch		Limit by SY 2027-28 <1,035 mg		÷	<b>Optimal Target</b> <575 mg	
MENU ITEM	SODIUM	MENU ITEM	SODIUM		MENU ITEM	SODIUM
Cheeseburger	470mg	Hamburger	260mg		Hamburger	260mg
Pickle	280mg	Baked Beans	140mg	:	Crunchy	35mg
Tater Tots	310mg	(USDA Foods)		:	<b>Baked Sweet</b>	
		Carrot Sticks	40mg		Potatoes	
Ketchup	300mg	Ranch Dip	270mg		Carrot Sticks	40mg
Cookie	40mg	Cookie	40mg		Hummus	72mg
Grapes	0mg	Grapes	0mg		Cookie	40mg
Low-Fat Milk	110mg	Low-Fat Milk	110mg	•	Grapes	0mg
Total:	1510mg	Total:	860mg	•	Low-Fat Milk	110mg
		• • •			Total:	557mg



This illustrates some quick swaps that could be done to decrease sodium in school meals. Since the sodium standard is weekly instead of a daily limit, it allows flexibility to offer a variety of foods—such as cheese—throughout the week.