

# WATERMELON and WIGGLES



## Get the Salty Scoop on Sodium

Back to school time is the perfect time to rethink the amount of sodium in children's diets. Even if you are careful not to add salt to the food served at your program, sodium is likely hiding in processed foods. In fact, more than 75 percent of sodium in our diets comes from processed foods.<sup>1</sup> Wondering where you can get the most bang for your buck when cutting down on sodium? See below for a list of common high sodium foods in children's diets. While it can seem overwhelming to lower sodium, choosing fresh foods at every meal and educating yourself on how to read labels when eating pre-prepared foods can make a big difference.

While the sodium content in one serving of a particular food may not be high, sodium is in most processed foods and can add up fast. Starting at 2 years old, studies indicate that children typically eat double the amount of sodium recommended!

### Daily Sodium Recommendation

- ▶ Age: 1-3 years = 1000 mg per day
- ▶ Age: 4-8 years = 1200 mg per day

### ▶▶ DID YOU KNOW? ◀◀

About 43 percent of sodium eaten by children comes from just 10 common foods<sup>2</sup>. (check the boxes to see how many are on your lunch menu this week!)

- |  |  |
|--|--|
| <input type="checkbox"/> Pizza                     | <input type="checkbox"/> Chicken patties and nuggets |
| <input type="checkbox"/> Bread and rolls           | <input type="checkbox"/> Pasta mixed dishes          |
| <input type="checkbox"/> Cold cuts and cured meats | <input type="checkbox"/> Mexican mixed dishes        |
| <input type="checkbox"/> Salty snacks              | <input type="checkbox"/> Soups                       |
| <input type="checkbox"/> Sandwiches                |  |
| <input type="checkbox"/> Cheese                    |  |

## MOVERS & SHAKERS Upcoming Events

### New Partner Programs for 2018!

Dakota County Public Health is now accepting new partner programs for 2018. Contact us if you are interested in making enhancements to your early childhood food and nutrition offerings.

Free support includes:

- 2-hour [LANA](#) and/or Breastfeeding staff training eligible for 2 credits each in Develop
- Start-up materials such as preschool nutrition curriculum, cooking kits, nutrition posters and more
- Goal-setting session
- Additional coaching and resources to meet your program's goals.

Contact [Jill Verchota-Luce](#) to participate.

## Low-sodium SALternatives

CURRENT CHOICE	CHOOSE INSTEAD
Potato chips	Kale chips, roasted chickpeas, unsalted almonds*
Crackers	Fruits, vegetables, low-sodium crackers
Pretzels	Carrot sticks, edamame, air popped popcorn*
Deli lunchmeats	Hummus, grilled chicken, hard-boiled eggs
Cereals (ready to eat)	Old-fashioned oats, smoothie
Salad dressings	Olive oil, vinegar, hummus
Mayonnaise	Mashed avocados
Soups	Homemade soup made with low sodium broth, herbs and spices

\*To avoid choking, don't offer these foods to children younger than 3 years old

## Tips for slashing sodium

- ✓ Rinse canned vegetables and beans before serving
- ✓ Gradually reduce children's salt intake to give children's taste buds time to adjust.
- ✓ Limit condiments (sauces, mixes, dips) and "instant" products.
- ✓ Remember that the amount of sodium listed on the nutrition label is for *one serving* of the food.
- ✓ Pay attention to the words "pickled," "cured," "brined," and "broth" as these terms mean more sodium.
- ✓ Invite children to help you prepare meals and snacks using fresh ingredients.
- ✓ Check for the phrase "enhanced with salt water or saline" on processed meat or poultry. Look for chicken with no more than 70 mg of sodium per serving

## Apple Tuna Sandwiches

Makes: 3 servings / Serving size: 1 sandwich

### Ingredients:

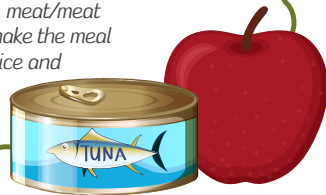
- 1 can tuna, packed in water (6.5 ounces drained)
- 1 apple
- 1/4 cup yogurt, low-fat vanilla
- 1 teaspoon mustard
- 1 teaspoon honey
- 6 slices whole wheat bread
- 3 lettuce leaves

### Directions:

1. Wash and peel the apple. Chop it into small pieces.
2. Drain the water from the can of tuna.
3. Combine the tuna, apple, yogurt, mustard, and honey in a medium bowl. Stir well. This is a great step to invite kids to help out!
4. Spread 1/2 cup of the tuna mix onto each 3 slices of bread.
5. Top each sandwich with a washed lettuce leaf and slice of bread.
6. Cut sandwiches in half and have children serve themselves.

WOAH! A serving of lunch meat has between 450–1050 mg of sodium compared to the 330 mg of sodium in this recipe!

CACFP crediting: 1/2 sandwich provides 1.5 oz eq. meat/meat alternate, 1 grain serving, and 1/4 cup fruit. To make the meal creditable, serve with half a cheese stick or slice and a couple fruit slices on the side.



## Spice it up!

Instead of grabbing the salt shaker, get creative with these fun spice mixes that you can prepare in large batches ahead of time.<sup>3</sup> (Tip: you can buy empty shakers to store your new spice mixes)

### Great on potatoes:

- 2 Tbsp dill weed
- 1 Tbsp garlic powder
- 1 Tbsp onion powder
- 1 Tbsp paprika
- 1 Tbsp parsley
- 1 Tbsp sage

### Great on veggies:

- 2 Tbsp black pepper
- 1 Tbsp cayenne pepper
- 1 Tbsp paprika
- 1 Tbsp onion powder
- 1 Tbsp garlic powder

### Great on squash and carrots:

- 2 Tbsp cinnamon
- 1 Tbsp ground cloves
- 1 Tbsp ground ginger
- 1 Tbsp nutmeg



### Additional shaker ideas:

- Low sodium lemon pepper
- Crushed red pepper flakes
- Ground black pepper and granulated garlic

## Program Spotlight: New Meal Program Success at Maple Tree Day School in So. Saint Paul

It was September 2016 and excitement was in the air as Maple Tree Day School was beginning to roll out a new catered meal program in partnership with Lancer Dining Services. The program's co-directors, Amy Jenkins and Julie Hagen, saw this as a great time to partner with Dakota County Public Health to train staff on best practices for introducing new healthy foods. The training utilized the Learning about Nutrition through Activities (LANA) tools and resources. After the training, Julia shared,

**"This is one of the best in-services I've ever had... we walked away thinking we could totally do this."**

After the training, the 3–4 year olds were supported to serve themselves based on their hunger or fullness, staff were coached on how to make learning about food fun outside of meal times, staying positive at mealtimes – even with some additional spills – and parents were educated on the changes. By the end of the school year, the meal program was a success with nearly all children participating and parents giving rave reviews!

### Sources

1. Centers for Disease Control and Prevention. (2016, April). GET THE FACTS: Sodium's Role in Processed Food. Georgia, Atlanta.
2. USDA. What we eat in America. National Health and Nutrition Examination Survey, 2009-2010
3. Team Nutrition Iowa. Flavor Shakers for Child Care. [https://healthymeals.fns.usda.gov/sites/default/files/uploads/1415\\_np\\_it\\_flavorshakers\\_CACFP.pdf](https://healthymeals.fns.usda.gov/sites/default/files/uploads/1415_np_it_flavorshakers_CACFP.pdf)



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