



Developing a Taste for Less Sodium



Sodium (salt) is found in many foods we eat, even if they do not taste salty. Children, like adults, get more sodium than their bodies need.

If salty foods are eaten often, children may develop a preference for salt in foods. By offering foods and drinks that are lower in sodium, adults can help children develop healthy eating patterns. Starting early in life can be easier than trying to change eating habits later on. This may help reduce the risk of certain health problems like high blood pressure.

How Can I Find the Lower Sodium Option?

The Nutrition Facts label on food packages lists the amount of sodium in a food. Compare the amount of sodium in similar types of foods, such as crackers, and choose the ones that are lower in sodium.

How Much Sodium Is Too Much?

Children ages 1–3 years should get less than 1,200 milligrams (mg) of sodium per day. Children ages 4–8 years should get less than 1,500 mg per day.

Check out the **MyPlate Plan** to find an eating plan that is right for your child.



Nutrition Facts	
28 servings per container	
Serving size	5 Crackers
<hr/>	
Amount per serving	
Calories	70
<hr/>	
	% Daily Value*
Total Fat 1.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%

Sodium 135mg



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Sodium 60mg