

Reducing Sodium:

From Menu to Mouth

Americans dine out almost **5 times a week**

Nearly **25%** of the **sodium** in our diet comes from **restaurant food**.



Knowing the amount of **sodium** in restaurant food is a **challenge**.

5 strategies to support sodium reduction in restaurant food

1

Provide **nutrition information** at the point of purchase

Make sodium reduction a **part of training** for restaurant licensing

2

3

Make **health department dietitian** available to assist with nutrition support

Incentivize sodium reduction through favorable changes to licensure and zoning requirements

4

5

Create group purchasing organizations for savings on purchase of **lower sodium items**

