

10 sources of sodium in children's diets

US children eat more sodium than recommended. Most sodium is in the form of salt, as a part of processed foods. About 43% of sodium in children's diets comes from just 10 common food types:

- Pizza
- Bread/rolls
- Cold cuts/cured meats
- Savory snacks
- Sandwiches
- Cheese
- Chicken patties/nuggets, etc.
- Pasta mixed dishes
- Mexican mixed dishes
- Soups



SOURCES: CDC Vital Signs. September, 2014. cdc.gov/vitalsigns.
What we eat in America, National Health and Nutrition Examination Survey,
United States, 2009–2010.