

INDIANA CACFP

Sodium Reduction

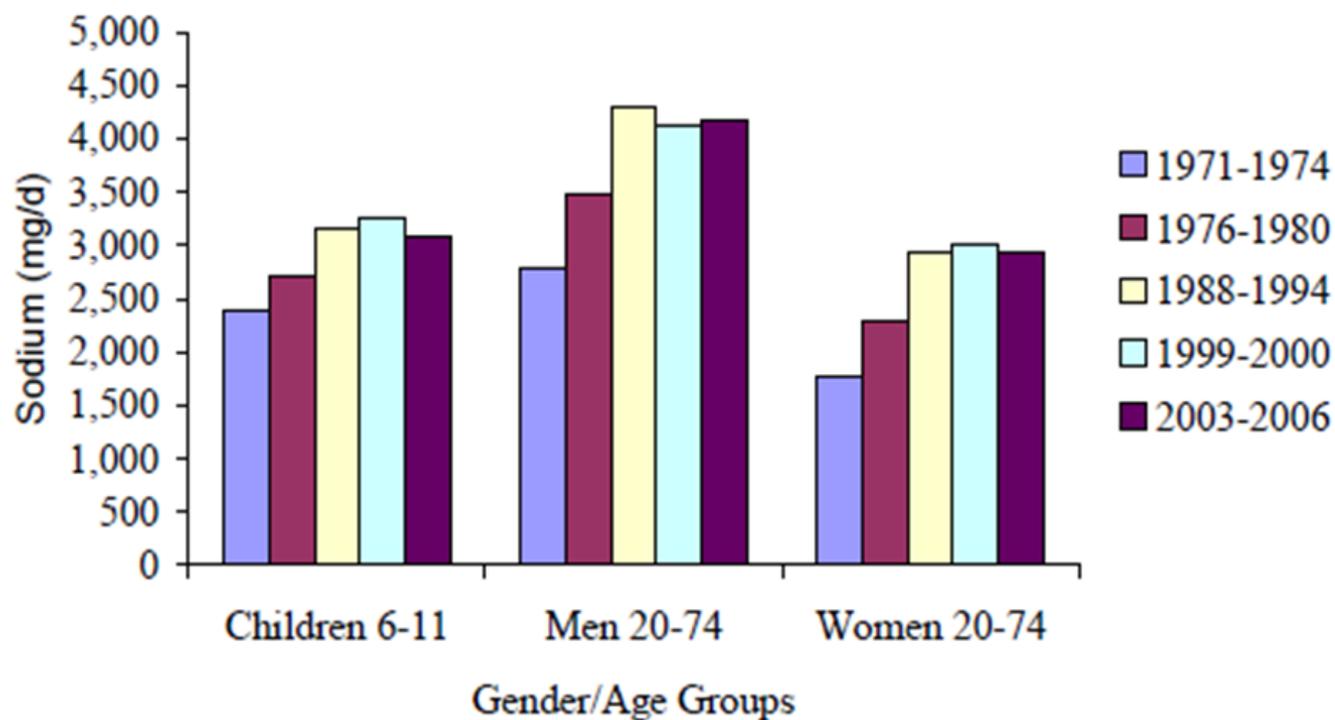
Highlights

- 90% of Americans consume too much sodium in their diet.
- Most preschoolers and children are consuming too much sodium.
- Dietary guidelines (2010): recommend less than 2,300 mg per day for persons age 2 and up.
- The prevalence of elevated blood pressure...
 - boys = 19.2%
 - girls = 12.6%.
- African American children consumed more sodium than other ethnic groups at the same age.
- Only 10% of the children in U.S consumes enough potassium everyday.

Recommended sodium intake for infants, toddlers and children

Nutrient	Life Stage Group	AI(Adequate Intake) mg/d
Sodium	0-6 mo	120
	7-12 mo	370
	1-3 yr	1000
	4-8 yr	1200

Recognize the problem



Briefel and Johnson (2004) and NHANES (2003-2006)

CACFP: recognize the problem: stronger emphasis on gradual reduction of sodium over years.

- National concerns for almost all age groups (seniors, male and female adults, children.)
- Over the decades, the intake of sodium at all age groups has increased constantly.
- A slightly decrease on sodium intake in children during 2003-2008 (3000mg/day) , but still far above the recommendation (2300mg/day)
- High intake of sodium is linked with elevated blood pressure, which contributes a series of cardiovascular diseases such as stroke.

What we can do to change

- Reduce the intake of sodium by consuming a little less sodium everyday
 1. The taste of sodium is also affected by sodium exposure
 2. 75% of the dietary sodium comes from the added salt originally in food products/from manufacturer
- Increase the intake of food rich in dietary potassium
 1. Researches have found that preventing high blood pressure is not just about lowering the sodium, nor increasing the potassium; potassium and sodium are both important electrolytes in the human body. They work together to balance the fluid volume and blood concentration.
 2. Potassium is more easily removed from the body and sodium is more likely to be stored.
 3. Studies shows that increasing potassium intake blunts the effect of sodium concentration by increasing the excretion of the sodium.
 4. Most fruits and vegetables are great sources of potassium.

Potassium: fruits and vegetables

Fruit and vegetables that are rich in potassium: (Blood Pressure Association)

- Tomato juice and puree
- Orange juice
- Bananas
- Apricots
- Currants
- Potatoes
- Sweet Potatoes
- Asparagus
- Spinach
- Cabbage
- Sprouts



Reference of daily fruit and vegetable intake:

		1 year old	2-3 years old	4-8 years old	9-13 years old	14-18 years old
Fruit	Male	1 cup	1 cup	1.5 cups	1.5 cups	1.5 cups
	Female					2 cups
Vegetables	Male	3/4 cup	1 cup	1 cup	2 cups	2.5 cups
	Female			1.5 cups	2.5 cups	3. cups

Source: American Heart Association

Meal planning

- Avoid/purchase less foods high in sodium:

Top 10 sodium sources:

Pizza	Bread/rolls	Poultry	Cold Cuts/Cured Meat	Sandwiches
Savory snacks	Soups	Cheese	Mixed Pasta Dishes	Hotdogs/Sausages

CDC: high sodium intake in children& adolescents: cause for concern

- Keep table salts away from children.
- Limit the amount of served condiments:

Children usually consume a lot condiments/sources (ketchup/ soy source/ranch, etc.) in order to compensate for some plain-flavored food/vegetables.

Condiments such as ketchup/ ranch usually contain excess amount of sodium.

- More vegetables, fruits& less salty meat, snacks

CACFP Best Practice: Reduce use of pre-prepared foods and increase in-house food preparation to reduce sodium, solid fat, added sugars, and costs

What to look at when reading a label?

- Use the Percent Daily Value (%DV) to Compare Products

5%DV (120 mg) or less of sodium per serving is low

20%DV (480 mg) or more of sodium per serving is high

- Recognize these terms:

Salt/Sodium-Free → Less than 5 mg of sodium per serving

Very Low Sodium → 35 mg of sodium or less per serving

Low Sodium → 140 mg of sodium or less per serving

Reduced Sodium → At least 25% less sodium

Light in Sodium or Lightly Salted → At least 50% less sodium than the regular product

No-Salt-Added or Unsalted → No salt is added during processing, but not necessarily sodium-free. Check the Nutrition Facts Label to be sure!

Nutrition Facts	
Per 1 burger (130 g)	
Amount	% Daily Value
Calories 200	
Fat 9 g	14 %
Saturated Fat 2 g + Trans Fat 1 g	15 %
Cholesterol 70 mg	
Sodium 800 mg	33 %
Carbohydrate 4 g	1 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 25 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 4 %	Iron 2 %

FDA: Sodium in Your Diet: Using the Nutrition Facts Label to Reduce Your Intake

Cooking/preparation

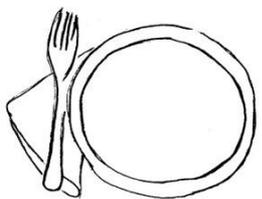
- Rinse canned vegetables/ beans under cold running water upon cooking.
- Do not add extra salt in the water when cooking noodles, pasta, or vegetables.
- Avoid recipes that require baking soda/baking powder.
- Use seasoning powders, spices and herbs to enhance the flavor.
- Search “sodium tracking by American Heart Association and American Stroke Association”, you will be able to track your daily sodium intake on a simplified table.

Here are the approximate amounts of sodium, in milligrams, in a given amount of table salt: (American Heart Association)

- 1/4 teaspoon salt = 575 mg sodium
- 1/2 teaspoon salt = 1,150 mg sodium
- 3/4 teaspoon salt = 1,725 mg sodium
- 1 teaspoon salt = 2,300 mg sodium

AHA: about salt(sodium)





Recipes low in sodium

- **Lunch/supper (sodium: 291mg/ serving)**
- **Superman sweet potatoes**
- 3 medium sweet potatoes (about 1 pound)
- 3 Tsp. brown sugar
- 1/8 tsp. ground ginger
- 8 oz. can peach slices in water, drained
- 1 Tsp. butter or margarine
- Cook fresh sweet potatoes, covered, in enough boiling water to cover for 25-35 minutes or until tender. Drain and cool slightly. Peel and cut into 1/2 -inch thick slices. Mix brown sugar and ginger. In a 1-square casserole, layer half of the potatoes, half the peach slices, half of the brown sugar mixture and half of the butter. Repeat layers. Bake in 375 degree oven for 30-45 minutes until potatoes are glazed. Spoon liquid over potatoes twice during cooking
- 1/ 4 cup is one serving of fruit/ vegetable for a 3-5 year old
- Derived from: CACFP PRE-CONFERENCE, SECTION4, FEEDING OUR CHILDREN FOR HEALTH! Jenni Murtaugh. 3/18/2013



Recipes low in sodium

- **Snack (sodium:156 mg/serving)**
- **Very easy hummus!**
- 2 cans (15 ounce) of Garbanzo Beans, drained/ rinsed
- 2 cloves of garlic
- 4 teaspoons of ground cumin
- 1/2 teaspoon of salt
- 1 1/2 Tsp of olive oil
- In a blender or food processor combine garbanzo beans, garlic, cumin, salt and olive oil. Blend on low speed, gradually adding reserved bean liquid, until desired consistency is achieved. Refrigerate. Serve as a dip for veggies like bell peppers, celery, carrots, cauliflower, cherry tomatoes, etc. spread on sandwiches to add moisture and flavor in place of mayonnaise.
- Derived from: CACFP PRE-CONFERENCE, SECTION4, FEEDING OUR CHILDREN FOR HEALTH! Jenni Murtaugh. 3/18/2013

Snacks

- Read labels: less sodium/ low sodium preferred.
- Purchase brands of unsalted or reduced-salt crackers.
- Try more old-fashion food: for example, use old-fashioned cooked cereals with rolled oats rather than instant cereals with additional salt.
- If you have to serve some food high in sodium, limit the amount offered, and compensate with other low sodium foods.
- Purchase VARIOUS low sodium foods: encourage kids to try different foods.

Need to know more?

How to prepare a healthy sodium reduced meal in childcare or school?

- Guide for Reducing Salt and Other Sodium Containing Additives in School Meals. Public Instruction.
- http://fns.dpi.wi.gov/files/fns/pdf/factsheet_sodium.pdf

Check the label: what to look at?

- FDA: Sodium in Your Diet: Using the Nutrition Facts Label to Reduce Your Intake.
- <http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm315393.htm>

Need to know more?

Striking a Balance: Less sodium (salt), More Potassium. American Heart Association:

http://www.heart.org/HEARTORG/Conditions/More/MyHeartandStrokeNews/Striking-a-Balance-Less-Sodium-Salt-More-Potassium_UCM_440429_Article.js

CDC's Salt web page: <http://www.cdc.gov/salt/>

Visit <http://www.doe.in.gov/sites/default/files/nutrition/2011-cacfp-recommendations.pdf> and get more ideas of planning healthy, low sodium meal.

Citations

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2009–2010; Yang Q, et al. Pediatrics. 2012;130:611–9
- http://www.ars.usda.gov/SP2UserFiles/Place/12355000/pdf/DBrief/sodium_intake_0708.pdf
- http://www.heart.org/HEARTORG/Conditions/More/MyHeartandStrokeNews/Striking-a-Balance-Less-Sodium-Salt-More-Potassium_UCM_440429_Article.jsp
- http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/About-Sodium-Salt_UCM_463416_Article.jsp
- http://fns.dpi.wi.gov/files/fns/pdf/factsheet_sodium.pdf

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