

## Low Sodium Snack Ideas

- Offer a variety of fruits and yogurt with granola.
- Cut vegetables into snack size and serve with low-fat, low-sodium dips.
- Try whole grain crackers and cheddar cheese.
- Make your own trail mix with dried fruits, sunflower and pumpkin seeds, and dry cereal.
- Enjoy air-popped or low-fat popcorn with no salt added.
- Use 100% fruit juice to make delicious popsicles.



## Find out more about sodium/salt and health!

- [www.LowerSodium.ca](http://www.LowerSodium.ca)
- [www.Sodium101.ca](http://www.Sodium101.ca)
- [www.hypertension.ca](http://www.hypertension.ca)
- [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell)
- [www.HeartAndStroke.ca/BP](http://www.HeartAndStroke.ca/BP)
- [www.cspinet.org/salt](http://www.cspinet.org/salt)
- [www.GiveYourHeadAShake.ca](http://www.GiveYourHeadAShake.ca)

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Heart and Stroke Foundation of NL  
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CSC's multi-sector, multi-agency Take It **Without**  
a Grain of Salt Working Group

Take it **WITHOUT** a Grain of Salt



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Take it **WITHOUT**  
a Grain of Salt

## Sodium and Children

Sources  
[sodium101.ca](http://sodium101.ca)  
Statistics Canada



# Sodium and Children

## How Much Sodium is Enough?

Age 1-3: 1000 mg/day

Age 4-8: 1200 mg/day

Age 9+ : 1500 mg/day



Too much sodium:

- Can cause high blood pressure in children. If blood pressure is high during childhood, it will likely be high as an adult.
- Can have harmful effects on the brain, heart and kidneys.
- Has been linked to diabetes, asthma, osteoporosis, stomach cancer and obesity.
- Can create a preference for salty foods and lead children to make less healthy choices as adults.

## Alarming Facts in Canada<sup>1</sup>

- On average, children aged 1-3 consume close to 2000 mg/day.
- Children aged 4-8 have an average intake of 2700 mg/day.
- Females aged 9-18 average nearly 3000 mg/day.
- Males 9-13 consume 3500 mg/day and males 14-18 over 4000 mg/day, on average.

<sup>1</sup>Garriguet, D. Sodium Consumption at All Ages. Health Reports, Vol. 18, No. 2, May 2007. Statistics Canada, Catalogue 82-003.

## Sodium Sources

- 77% from processed foods!
- 12% from salt added during cooking or at the table.
- 11% occurs naturally in foods.

## How to Help your Family Eat Less Sodium

- Offer fresh, unprocessed foods.
- Encourage children to try new healthy foods, but do not force them. It may take several tries before they eat it.
- Choose lower sodium brands.
- Offer a variety of food choices.
- Offer milk and yogurt more often than cheese and limit processed cheese and spreads.
- Avoid adding salt to your child's food.

If adults choose low sodium, healthy options, children may learn by example.

