

Monday	Tuesday	Wednesday	Thursday	Friday
1 Mild Coconut Curried Chicken Jasmine Rice Steamed Snow Peas Fresh Apple Slices	2 Stuffed Peppers Greek cucumber salad Garlic toast Mixed berry Medley	3 Meatloaf Mashed Potatoes Roasted Vegetables Apples	4 SITE CHOICE	5 Grilled Chicken Southwest Salad Pico De Gallo Oranges
8 Apostles' Fast Mediterranean fish w/ quinoa Roasted vegetables Fresh Fruit	9 Tri-Color Anti Pasta Salad with Protein of choice on a Bed of Spinach Mixed Summer Fruit Salad	10 Chicken Noodle Soup Dinner Roll Side Salad Melon	11 Pancakes w/ sausage links Potatoes O'Brien Berry Yogurt Parfait	12 SITE CHOICE
15 SITE CHOICE	16 Sloppy Joes Potato Salad Side Salad Fresh Fruit	17 Islamic New Year Middle Eastern Lentil soup Cooked rice Sauteed Vegetables Mandarin Oranges	18 Tuna Noodle Casserole Roasted asparagus Pineapple chunks	19 CLOSED Juneteenth
22 Taco Potato Skillet Spiced Pinto Beans Tossed Salad with Avocado Fresh Fruit	23 Shepherd's pie Steamed cauliflower & green beans Fresh Peaches	24 SITE CHOICE	25 Grilled Chicken Caesar Salad w. Homemade Croutons w/ Fresh Shaved Parmesan Mandarin Oranges	26 Chicken Pot Pie Steamed broccoli Spiced apples
29 SITE CHOICE	30 Beef Stew with potatoes & carrots Avocado Quinoa Salad Apple slices			

GET THE FACTS:

Sodium and the Dietary Guidelines



The U.S. government recently released the newest version of *Dietary Guidelines for Americans*, a research-based guide designed to help Americans make healthier food choices.

What Do the 2010 Guidelines Say About Sodium?

The problem of eating too much sodium is covered in the report:

- The *Dietary Guidelines for Americans, 2010* recommend that Americans aged 2 and up reduce sodium intake to less than 2,300 milligrams (mg) per day.
- People 51 and older and those of any age who are African Americans or who have high blood pressure, diabetes, or chronic kidney disease—about half the U.S. population and the majority of adults—should further reduce sodium intake to 1,500 mg per day.
- Based on these guidelines, the vast majority of adults eat more sodium than they should—an average of **more than 3,300 mg** each day.

Eating too much sodium puts Americans at risk for developing serious medical conditions, like high blood pressure, heart disease, and stroke.

So, what does all of this mean for you and your family? And what steps can you take to reduce sodium?

Sodium Can Add Up Quickly

The first thing to know is that the salt you use at the dinner table is **not** the biggest sodium contributor in the American diet. In fact, the majority of the sodium Americans consume—more than 75%—is found in **processed food and restaurant meals**.

And don't let your taste buds fool you. Foods like grains, baked goods, and meats may not taste salty, but they add up to major sources of daily sodium because they are eaten so often.

The majority of Americans' daily sodium intake comes from grains and meat, and other top contributors include processed poultry, soups, and sandwiches.

Depending on your food choices, it doesn't take much to consume more sodium than recommended.

- One slice of **bread** can contain anywhere from 80 to 230 mg of sodium, and a slice of **frozen pizza** can contain between 370 and 730 mg.
- Some **breakfast cereals** contain 150 to 300 mg of sodium before milk is added.

SODIUM ADDS UP QUICKLY

Not all foods are high in sodium. But when you combine foods with varying levels as part of your daily diet, sodium can add up quickly.

