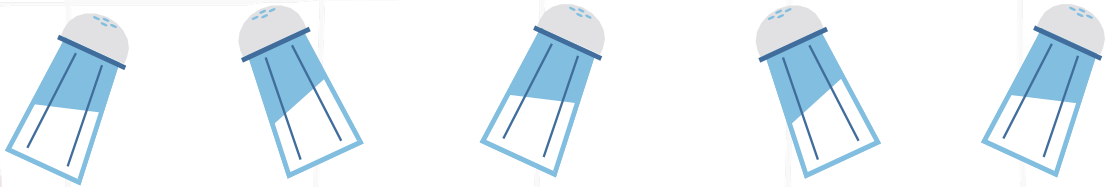


Reducing Sodium In School Breakfast

High sodium intake is associated with negative health impacts like high blood pressure, which affects about 1 out of 6 children.



Sodium Standards for school breakfast are changing.

By July 1, 2027, schools must implement an approximate 10 percent reduction from current sodium limits at breakfast.

| Age/Grade Group | Current Standards | New Standards Beginning July 2017 |
|-----------------|-------------------|-----------------------------------|
| Grades K-5 | ≤ 540 mg | ≤ 485 mg |
| Grades 6-8 | ≤ 600 mg | ≤ 535 mg |
| Grades 9-12 | ≤ 640 mg | ≤ 570 mg |

What are ways to reduce sodium content in school breakfasts?

Adding Whole Grains

Serve whole grains like oatmeal and granola, which are naturally lower in sodium than bread, bagels, biscuits, and tortillas.



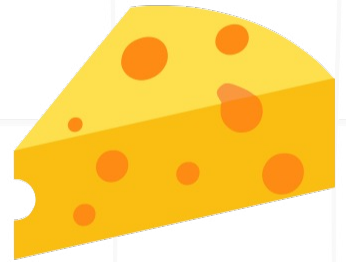
Seasoning Food

Season and flavor foods with fresh or dried herbs and spices, chopped aromatic vegetables, and citrus juices.



Cheese

Offer lower-sodium cheeses like Swiss, Monterey Jack, cheddar, and mozzarella instead of processed cheeses.



Product Substitutions

Select lower-sodium products and balance higher-sodium menu items with lower-sodium favorites.

Breakfast Sandwiches

Look for sandwiches that contain <500 mg of sodium for 100 grams or ~3.5 ounces of sandwich.

"Sneaky" Sources

Watch for "sneaky" sources of sodium like flavored milk, ready-to-eat cereals, and potato products.

Developed by the Pennsylvania Department of Education and Penn State University (Project PA).

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organization imply endorsement by the U.S. Government. USDA is an equal opportunity provider, employer, and lender.