



Sodium Reduction in School Meals: *Successful Strategies*

Dr. Robert S. Lewis

El Monte City School District

Recent Awards

USDA *HealthierUS* Schools Challenge

- All 14 EMCSD Schools received Silver Awards

HealthierUS School Challenge
Recognizing Excellence in
School Nutrition and Physical Activity



Alliance for a Healthier Generation

- 7 Bronze Schools
- 3 Silver Schools
- 1 Gold School



El Monte City School District

- Changed menu items for healthier options
- Added more fresh fruits and vegetables
- Fewer breaded entrées
- Increased fiber and whole grains
- **REDUCED SODIUM**



Chicken Nuggets



- Sodium per serving = 489 mg to 557 mg
- Total Fat per serving = 15.3 grams to 19.5 grams
- Saturated Fat per serving = 3.9 grams to 4.7 grams
- Calories = 255 to 296

Teriyaki Chicken w/ Brown Rice



- Sodium per serving = 280 mg
- Total Fat per serving = 4 grams
- Saturated Fat per serving = 1 gram
- Calories = 240

**New Orleans Chicken
with Brown Rice**



- Sodium per serving = 480 mg
- Total Fat per serving = 3.6 grams
- Saturated Fat per serving = .72 gram
- Calories = 276

Breaded Chicken Patty on a Bun



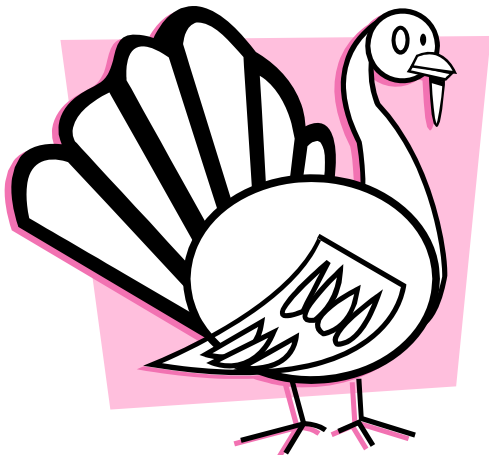
- Sodium per serving = 958 mg
- Total Fat per serving = 19.9 grams
- Saturated Fat per serving = 4.6 grams
- Calories = 506

**Non-breaded
Chicken Patty on a
Bun**



- Sodium per serving = 633 mg
- Total Fat per serving = 6.48 grams
- Saturated Fat per serving = 1.58 grams
- Calories = 313

Barbecue Turkey on a Whole Wheat Bun



- Sodium per serving = 753 mg
- Total Fat per serving = 6.1 grams
- Saturated Fat per serving = 1.7 grams
- Calories = 270

Tater Tots



- Sodium per serving = 480 mg
- Total Fat per serving = 8.62 grams
- Saturated Fat per serving = 1.82 grams
- Calories = 190

Roasted Red Potato Wedges



- Sodium per serving = 273 mg
- Total Fat per serving = 3.21 grams
- Saturated Fat per serving = 0 gram
- Calories = 161

Corn on the Cob



- Sodium per serving = 2.44 mg
- Total Fat per serving = 1.34 grams
- Saturated Fat per serving = .2 gram
- Calories = 161

Side-by-Side Comparison

High Sodium Item	Low Sodium Option #1	Low Sodium Option #2
Chicken Nuggets (557 mg)	Teriyaki Chicken (280 mg)	New Orleans Chicken (480 mg)
Breaded Chicken Patty (958 mg)	Nonbreaded Patty (633 mg)	BBQ Turkey (753 mg)
Tater Tots (480 mg)	Red Potato Wedges (273 mg)	Corn on the Cob (3 mg)

Sodium in USDA Commodity Foods

- A174 – Potato Wedges, 38 mg
- A061 – Green Beans, canned, 140 mg
- A079 – Pinto Beans, canned, 353 mg
- A100 – Carrots, canned, 31 mg
- A110 – Corn, canned, 140 mg
- A343 – Apples, fresh, 1 mg
- A357 – Oranges, fresh, 0 mg
- A434 – Diced Pears, canned, 6 mg



Vendors + Commodities =
Partners in Student Health



Sodium in Dairy

- 1% Lowfat White Milk, 1 cup, 150 mg
- Land of Lakes, Lowfat Yogurt, 75mg
- USDA Lowfat Mozzarella, 1 oz, 160 mg
- TRC Whole Grain Pizza, 562 mg



Featured Fruits and Vegetables

- Baby Carrots
- Unsweetened Applesauce
- Side Salad (5 ingredients)
- Banana
- Kiwifruit
- Tangelo
- Fresh Pear
- Jicama Sticks
- Gala Apple
- Raisins
- Green Beans
- Cucumber Coins
- Celery Sticks
- Mandarin Oranges
- Grapes
- Brown Potato Wedges

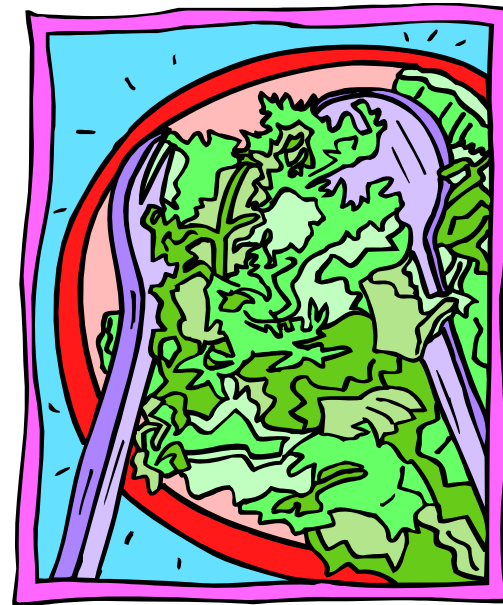
Organizing a Low Sodium Menu

- TRC Whole Grain Pizza, 562 mg
- Carrots, canned, ½ cup, 31 mg
- Green Beans (fresh/frozen), ½ cup, 9 mg
- Watermelon, ½ cup, 2 mg
- Tangelo, medium, 2 mg
- Milk, 1% Lowfat, 150 mg
- TOTAL SODIUM = 756 mg



Organizing a Low Sodium Menu

- Yogurt & Whole Grain Granola, 189 mg
- Salad w/Lowfat Dressing, ½ cup, 166 mg
- Baby Carrots, ½ cup, 78 mg
- Apple, medium, 1 mg
- Orange, 0 mg
- Graham Cracker, 85 mg
- Milk, 1% Lowfat, 150 mg
- **TOTAL SODIUM = 669 mg**



Organizing a Low Sodium Menu

- Teriyaki Chicken w/Brown Rice, 280 mg
- Green Beans, ½ cup, 140 mg
- Carrots, canned, ½ cup, 31 mg
- Grapes, ½ cup, 2 mg
- Banana, medium, 0 mg
- Bear Graham Crackers, 93 mg
- Milk, 1% Lowfat, 150 mg
- **TOTAL SODIUM = 696 mg**



Coordinated School Health Team

- Teachers
- Administrators
- Principals
- Nutrition Educators
- School Board Members
- Coaches
- Nutrition Services Director
- Students
- City Personnel
- After School Groups
- Local Hospitals
- American Cancer Association
- Charity Organizations

Recent Success

- Comprehensive Joint Use Agreement
- Dance-a-thons
- Nonfood Fundraisers
- Healthy Carnival
- Jog-a-thons
- Wellness Jog
- Nutrition Expo w/City





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