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

**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

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