

Cafeteria Connection

Connecting you to your child's school lunchroom



SPICE IT UP TO REDUCE SODIUM!

Consuming too much sodium can have significant negative health impacts. Based on the Dietary Guidelines for Americans, the average American's daily sodium intake is about 48% higher than recommended. It's not just an issue for adults: high sodium intake is associated with high blood pressure in children, which affects about one in six kids ages 8-17. Because food and taste preferences are developed at an early age, limiting sodium in childhood – including in school meals – is important for life-long health.

Here at school, we work hard to create nutritious and tasty meals that students enjoy. It's not easy though! Our meals must meet strict USDA nutritional requirements that includes keeping sodium levels in check. Reducing salt while keeping things appealing to students is a challenge, but our foodservice staff has mastered it.

WANT IN ON THE SECRET? HERBS AND SPICES! This helps jazz up our USDA-compliant school lunches without exceeding sodium limits or adding fat and calories. We invite you to give adding herbs and spices a try at home to boost the flavor of your recipes. Here's a few of our favorite herb and spice combinations to get you started:

| MEDITERRANEAN | SOUTHWESTERN | INDIAN |
|---------------|--------------|--------------|
| Oregano | Cumin | Cumin |
| Basil | Cilantro | Coriander |
| Thyme | Oregano | Turmeric |
| Rosemary | Cayenne | Ginger |
| Bay leaf | Chili powder | Cilantro |
| | Cinnamon | Garam masala |



Start with a small amount to keep things from getting too spicy. Taste and adjust as you go. Together, let's

SHAKE THE SALT HABIT
and serve kids lower-sodium foods with a flavor boost!



Mountain View Whisman School District