

Nutrition Byte

Sodium Savvy

Have a taste for salt? Many of us do. Unfortunately, salt plays a key role in high blood pressure. Even kids and teens can benefit from eating less salt. There's about 2,300 milligrams of sodium in 1 teaspoon of salt. These tips can help you eat less:

Choose fresh. Fresh foods are usually lower in sodium than processed foods like frozen dinners, deli meats, canned foods, pizza and salty snacks. Eat these foods less often or opt for smaller portions.

Choose foods with less sodium. Check the Nutrition Facts label and choose foods with a lower percent (%) Daily Value (DV) for sodium on the label, especially if a family member has high blood pressure, diabetes, or kidney disease.

Cook at home with your family! Preparing your own food puts you in control of how much sodium goes into your meals. Add flavor to foods with herbs, spices, lemon, lime, and vinegar instead of salt or seasonings high in sodium.

Choose school meals. Schools must meet nutrition standards for meals, including limiting the amount of sodium. School Nutrition professionals use herbs and spices, other than salt, to season food.

Nutrilink: <http://dietaryguidelines.gov>

Tramway Menus for January 2022

Monday, January 3	Tuesday, January 4	Wednesday, January 5	Thursday, January 6	Friday, January 7
Monday, January 10	Tuesday, January 11	Wednesday, January 12	Thursday, January 13	Friday, January 14
Macho Nachos Pinto Beans Salsa Fruit Milk	Asian Chicken and Rice Roasted Broccoli Sweet Carrots Fruit Milk	Spaghetti w Bread Stick Salad California Blend Fruit Milk	Grilled Cheese Vegetable Soup Baby Carrots Fruit Milk	Pizza Sticks Corn Marinara Fruit Milk
Monday, January 17	Tuesday, January 18	Wednesday, January 19	Thursday, January 20	Friday, January 21
No school	Comdog Potato Smiles Bush's Pintos Beans Fruit Milk	Chicken Alfredo Bread Stick Roasted Broccoli Baby Carrots Fruit Milk	Chili W Corn Bread Muffin Deli Roasters Salad Fruit Milk	Pizza Sticks Corn Marinara Fruit Milk
Monday, January 24	Tuesday, January 25	Wednesday, January 26	Thursday, January 27	Friday, January 28
Macho Nachos Pinto Beans Salsa Fruit Milk	Asian Chicken and Rice Roasted Broccoli Sweet Carrots Fruit Milk	Spaghetti w Bread Stick Salad California Blend Fruit Milk	Grilled Cheese Vegetable Soup Baby Carrots Fruit Milk	Pizza Sticks Corn Marinara Fruit Milk
Monday, January 31				
Chicken Sandwich Bush's Baked Beans Potato Wedges Fruit Milk				

[Lee County Schools Elementary Schools

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