

# CUT THE SALT!

Children are getting too much salt (sodium) in many of the lunch foods they are eating. This puts them at risk for high blood pressure as adults. To reduce unhealthy salt and fat limit deli meats such as corned beef, hot dogs, pepperoni or salami. Instead, pack leftover chicken legs or cubed roast beef, or make sandwiches with sliced turkey, hard cooked eggs or canned fish.



Visit Canada's Food Guide online at  
[www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)



**For More information,**  
call a Registered Dietitian  
at 1-800-660-5853 or 613-345-5685  
or visit [www.healthunit.org/nutrition](http://www.healthunit.org/nutrition)

Developed by Renfrew County and District Health Unit