



Lower-Sodium Fast Food

Fast food is usually very high in sodium. These tips will help you limit your child's sodium intake.

Fast food may have very high amounts of salt (sodium). But, there are many low-sodium fast foods your child can eat. You can ask for foods to be cooked in a way that lowers the sodium content. Ask for nutrition information pamphlets when you go to a fast food restaurant. Look up the sodium content of your choices online.

For tips on eating, dining out and shopping, watch our “Healthy Eating with Less Sodium” videos at www.seattlechildrens.org/lowsodiumeating.

Aim to keep your child's sodium intake below 600 mg per meal and 100-150 mg per snack.

Tips for ordering fast foods

Hamburgers

Add lots of fresh vegetables as toppings—these are very low in sodium. Ask them to leave off the salt and other spices when they cook your order. Leave off the high-sodium condiments. Mustard and catsup are OK in small amounts—only 1 packet is best, since each has about 150 to 200 mg sodium.

Avoid these high-sodium condiments and toppings:

- Pickles
- Cheese
- Soy sauce
- Bacon
- Barbeque sauce
- Special sauces

With these changes, a hamburger will have half the sodium as usual.

French fries

Ask them to leave off the salt. A regular order of small fries has about 135 mg of sodium. Without added salt, it has only 25 mg of sodium. Avoid specialty French fries such as “curly” or “coated” fries. They are pre-seasoned and contain very high amounts of sodium.

Pizza

Pizza is very high in sodium. It is important not to eat pizza often. Cheese or veggie (vegetarian) pizza is usually lower in sodium than other kinds. Ask for half the amount of cheese when you order. **Avoid** these high-sodium pizza toppings:

- Olives
- Sausage
- Bacon
- Pepperoni

Mexican food

Avoid these foods:

- Burritos
- Spicy chicken or meat fillings
- Flour tortillas
- Salted corn chips

Some foods to **limit**:

- Cheese
- Guacamole
- Beans
- Salsa

Salsas vary widely in their sodium content, so limit it to one tablespoon or packet. Sour cream is high in fat, but low in sodium, so it is OK to use.

Asian food

- Look for items that feature vegetables
- Avoid MSG, soy sauce and other sauces (or ask for low-sodium soy sauce and use very small amounts or dilute it)

Breakfast

When you go out for breakfast, eggs are OK as long as you do not add salt. Orange juice is very low in sodium, so that is also OK.

Avoid these high- sodium breakfast foods:

- Biscuits
- Hot cakes
- Sweet rolls and croissants
- Bacon and sausage
- Cheese slices

It is OK to get an egg sandwich sometimes, but order the kind made with English muffins instead of biscuits or croissants. Ask them to leave off the cheese and sausage.

Sample meals that are OK to eat

For any meal or snack, add lots of fresh vegetables as toppings—these are very low in sodium.

McDonald's—first option:

	Sodium
Hamburger (without any seasonings, salt, catsup or pickles)	300 mg
One packet catsup	110 mg
Large fries (without salt)	50 mg
Orange juice	5 mg
Total amount of sodium	465 mg

McDonald's—second option:

	Sodium
Four-piece Chicken McNuggets	400 mg
Small fries (without salt)	25 mg
Apple dippers with caramel dip	35 mg
Total amount of sodium	460mg

Panda Express

	Sodium
Sweet and sour chicken breast	320 mg
Mixed Veggies	260 mg
Steamed rice	0mg
Total amount of sodium	580 mg

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To Learn More

- Nutrition
206-987-4758
- Your child's dietitian:

- Ask your child's
healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

Pizza Hut	Sodium
Veggie Lovers, Cheese, Chicken-red onion & green pepper or Ham and Pineapple pizza (1 slice, 1/8 of 12" pizza)	500 mg
Medium 7-Up	40 mg
Total amount of sodium	540 mg

Subway –first option:	Sodium
Add fresh vegetables and limit deli meats and condiments	
6-inch veggie delite sandwich	310 mg
Apple slices	0 mg
Milk	180 mg
Total amount of sodium	490 mg

Subway-second option:	Sodium
Oven roasted chicken breast salad	270 mg
Oil and vinegar dressing	0mg
Yogurt parfait	115mg
Total amount of sodium	385 mg

Taco Bell	Sodium
Crunchy Taco	290 mg
Salsa, side	80 mg
Reduced-Fat Sour Cream (1 serving)	20 mg
Mango Strawberry Freeze	10 mg
Total amount of sodium	390 mg

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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