



# LOWER-SODIUM MEALS

## ARE YOU WATCHING YOUR SODIUM INTAKE?

SONIC® offers a number of meals and menu items that help you stay within the USDA Dietary Guidelines for Americans recommendations for sodium intake. The 2010 USDA Dietary Guidelines for Americans recommends that Americans consume less than 2,300 mg of sodium per day. The 2010 USDA Dietary Guidelines also recommend persons to reduce sodium intake to 1,500 mg for those 51 or older and those of any age who are African American or have hypertension, diabetes, or chronic kidney disease. According to the guidelines, the 1,500 mg recommendations applies to 50% of the U.S. population, including children and adults.

Today's dietary guidelines refer to your overall food or specific meal. The key is balance. If you choose a higher calorie or higher sodium meal for lunch, you can balance that with lower choices at breakfast or dinner.

Nutritionists agree that fast food can be part of a healthy overall diet that includes balance, moderation and variety. Additional nutrition information for all of the menu items offered at SONIC® is available at [sonicdrivein.com](http://sonicdrivein.com).

MEAL	CALORIES	SODIUM
Lunch/Dinner		
Chicken Strip Sandwich	420	710
Apple Slices with Fat-Free Caramel Dipping Sauce	110	60
Unsweetened Iced Tea (medium)	5	10
<b>TOTAL MEAL</b>	<b>535</b>	<b>780</b>
Lunch/Dinner		
Jr. Deluxe Burger	350	440
Tater Tots (small)	130	270
Diet Coke® (medium)	0	20
<b>TOTAL MEAL</b>	<b>480</b>	<b>730</b>
Wacky Pack® Kid's Meal		
Chicken Strips (2)	200	470
Apple Slices with Fat-Free Caramel Dipping Sauce	110	60
Minute Maid® Apple Juice Box	100	15
<b>TOTAL MEAL</b>	<b>410</b>	<b>545</b>
Wacky Pack® Kid's Meal		
Corn Dog	210	530
Apple Slices with Fat-Free Caramel Dipping Sauce	110	60
1% Regular Milk Jug	110	130
<b>TOTAL MEAL</b>	<b>430</b>	<b>720</b>
Other Items of Interest		
Tater Tots (small)	130	270
French Fries (small)	200	270

If you have specific dietary restrictions, work with your health professional to determine what menu items at SONIC® can work with your specific needs. The nutrition information provided in these suggestions is derived from testing conducted in accredited laboratories, published resources or from information provided from SONIC's suppliers and is based on standard product formulations and serving sizes. Variation in serving sizes, preparation techniques, product testing and sources of supply as well as regional and seasonal differences may affect the nutrition values for each product. You should expect some variation in the nutrient content of the products purchased at SONIC® Drive-Ins.