



## SODIUM GUIDE

SONIC® offers a number of meals and menu items that help you stay within the USDA Dietary Guidelines for Americans recommendations for sodium intake. Guidelines for Americans recommends that adults and children ages 14 years and older limit sodium to less than 2,300 mg of sodium per day. The 2015-2020 Dietary Guidelines also recommend reducing sodium intake to 1,500 mg for adults with prehypertension and hypertension.

The 2015-2020 Dietary Guidelines can be found at <https://health.gov/dietaryguidelines/2015/guidelines/>. Additional nutrition information for all of the menu items offered at SONIC® is available at [sonicdrivein.com](http://sonicdrivein.com).

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.

LUNCH/DINNER	CALORIES	SODIUM
Chicken Slinger	350	750
Tots (Small)	250	620
Unsweetened Iced Tea (Medium)	0	20
<b>TOTAL MEAL</b>	<b>600</b>	<b>1390</b>

LUNCH/DINNER	CALORIES	SODIUM
SONIC® Cheeseburger	720	1400
Fries (Small)	250	260
Diet Coke® (Medium)	0	15
<b>TOTAL MEAL</b>	<b>970</b>	<b>1675</b>

WACKY PACK® KIDS MEAL	CALORIES	SODIUM
Jr. Burger	340	740
Tree Top® Applesauce	45	0
Minute Maid® Apple Juice Box	80	15
<b>TOTAL MEAL</b>	<b>465</b>	<b>755</b>

WACKY PACK® KIDS MEAL	CALORIES	SODIUM
Corn Dog	230	480
Tree Top® Applesauce	45	0
1% Milk Jug	130	160
<b>TOTAL MEAL</b>	<b>405</b>	<b>640</b>

OTHER ITEMS OF INTEREST	CALORIES	SODIUM
Crispy Tenders (3 pc.)	260	730
Ched 'R' Peppers® (Small)	330	740
Hot Coffee (Reg. 16 oz.)	0	0
Vanilla Cone	250	140