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Spot illo

Choosing Healthy Snacks

Choosing your snacks wisely can help keep you healthy. It's important to pick snacks with less sodium. On the next screen, two snack options will appear. Try to select the snack with less sodium, and see how your choice adds up.

LET'S GET STARTED!

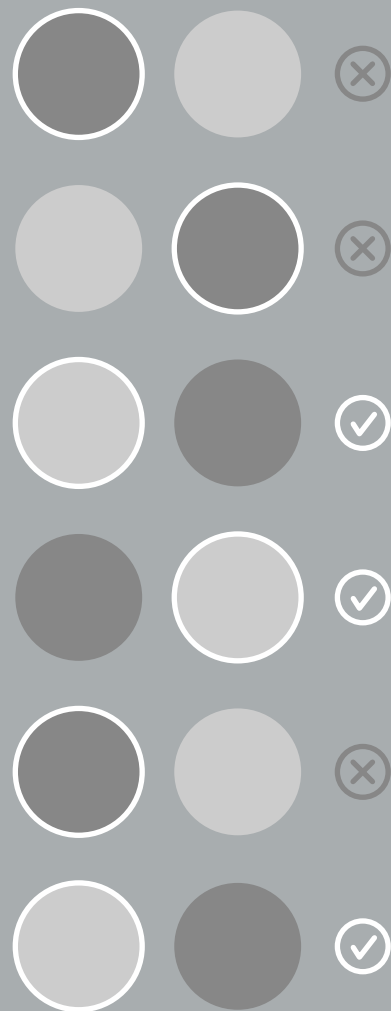
Choose the snack option
with less sodium.



Snack 1

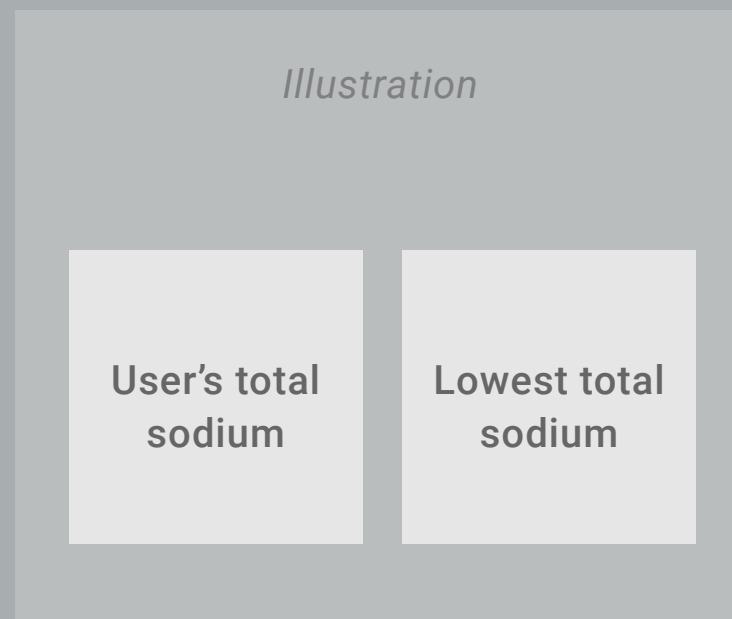


Snack 2



You got 3/6 Correct

Your snack picks amount to XXXmg of sodium.
The lowest total sodium is XXmg.



Some snacks are high in sodium and can put you above the daily limit. Eating patterns that are low in sodium can reduce your risk of high blood pressure and other diseases later on in life. A healthy eating pattern for kids ages 9 to 13 limits sodium to less than 2300mg a day. Notice how each snack you pick adds to that amount.

[Play again](#)