



LOWER-SODIUM MEALS

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 reducing 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.

MEAL	CALORIES	SODIUM
Lunch/Dinner		
Chicken Strip Sandwich	440	790
Apple Slices with Fat-Free Caramel Dipping Sauce	110	60
Unsweet Iced Tea (medium)	0	10
TOTAL MEAL	550	860
Lunch/Dinner		
Jr. Deluxe Burger	360	500
Tater Tots (small)	220	560
Diet Coke® (medium)	0	15
TOTAL MEAL	580	1075
Wacky Pack® Kid's Meal		
Chicken Strips (2)	220	450
Apple Slices with Fat-Free Caramel Dipping Sauce	110	60
Minute Maid® Apple Juice Box	80	15
TOTAL MEAL	410	525
Wacky Pack® Kid's Meal		
Corn Dog	230	570
Apple Slices with Fat-Free Caramel Dipping Sauce	110	60
1% Regular Milk Jug	110	130
TOTAL MEAL	450	760
Other Items of Interest		
Tater Tots (small)	220	560
French Fries (small)	280	290
Jr. Burger	330	480
Apple Slices (Caramel Dipping Sauce not included)	35	0
Coffee (16 OZ.)	15	40
Vanilla Cone	250	150

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.