

Recommendations

To limit excessive intake of high-sodium or high-sugar condiments, schools should limit shakers or packets available.

CONDIMENTS

School food service should accurately reflect condiment usage in nutrient analysis and on production records and are encouraged to use low-fat condiments and control portions of high-fat condiments.

What are Condiments?

Condiments are any flavor-enhancing food items such as ketchup, ranch dressing, soy sauce, salt, sugar, or pepper.

Menu Tips

- Most students love condiments, and they love to dip foods. Using condiments as a tool to get students to try new foods can be a good idea, if used in moderation.
- Lighten up on added fats like butter, margarine, oil, salad dressings, and mayonnaise by controlling portions, serving smaller portions, or using low-fat varieties.
- Condiments can also be high in sodium. Look for soy sauce, teriyaki sauce, chili sauce, and marinades that are reduced sodium.
- Sometimes making the meal healthier is as simple as removing the condiments.
- Remove all salt shakers and sugar dispensers from the cafeteria.

Foundations

Condiments can add a significant amount of fat, saturated fat, sodium, and sugar to the healthy meals that are served.

Self-serve condiments can have a negative impact on the nutrient content of the meal and can be difficult to accurately analyze.

Recipe Ideas

- Buy dry blends and mix your own salad dressing to control the amount and type of oil and milk you add. Often you can use less oil and more vinegar, water or flavorful liquid than the directions listed on the package.
- Pre-mix the dressing in your salads to help control the amount.

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