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A picture of a common Burger King restaurant
Wikipedia Commons

Burger King Moves for Healthier Food

The amounts of sodium in kids' meals will be reduced

The Miami-based corporation announced recently that it would move for the reduction of sodium quantities it currently puts in its foods, especially in meals designed and advertised for children below the age of 12. One of the last fast-food chains to comply with the new health measure set in place by the National Institutes of Health (NIH), Burger King also announced it would document the number of calories in each of its products on the menu. Center for Science in the Public Interest executive director, Michael Jacobson, said that "They have some of the fattiest, saltiest foods out there. It's refreshing that Burger King is thinking along the lines of improving nutrition." On average, the company plans to reduce sodium levels in children's menus to about 600 milligrams. NIH announcements said that not even adult US citizens should consume more than 2,400 milligrams of the chemical daily.

 The Institutes also said that more and more Americans are eating way too much sodium, which can lead to the onset of several medical conditions, including high blood pressure and water retention inside the body. They cautioned that a regular teaspoon of salt contains about 2,300 milligrams of sodium, and that people should avoid ingesting more each day. A large part of menus at fast-food chains have elevated salt concentrations, which can lead people to consume a lot more salt than is healthy.

 Currently, according to Burger King's website, a children's menu, consisting of hamburger, diet soda and fries, provides some 520 calories, coupled with a sodium intake of about 950 milligrams. Seeing how children below eighteen should not be exposed to more than 1,500 mg of sodium daily, it's easy to see how this limit is often breached, as children usually tend to eat more than just a meal per day.

 "Any time a big corporation like Burger King or McDonald's or other fast-food companies makes a move toward offering healthier foods for children or adults, it's a good thing," concludes New York University Langone Medical Center's Doctor Radio host, nutritionist Samantha Heller.