

WHATS NEW IN NUTRITION?

Wisconsin Nutrition Education Program (WNEP)

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Shake the Salt Habit



Americans have a taste for salt! The chemical name of salt is sodium chloride, so the words *sodium* and *salt* are often used in place of each other.

The Dietary Guidelines recommend 2,300 milligrams (mg) of sodium or less a day (about 1 teaspoon of salt) for most adults. Adults age 51 and older, African Americans of any age, and people with high blood pressure, diabetes, or kidney disease should reduce their sodium intake to 1,500 mg— a little over 1/2 teaspoon a day!

On average, the higher a person's sodium intake, the higher the person's blood pressure. Calorie intake is also linked to sodium intake. Therefore, reducing calorie intake can help reduce salt intake, thus helping to reduce blood pressure.

Most Americans get more sodium than is recommended. Here are some tips to reduce salt in our diets:

- Eat more fresh foods. Most of the sodium Americans eat is found in processed food.
- Cook more often at home, where you can limit the amount of salt added and use spices and herbs instead.
- Eat a vegetable or fruit at every meal.
- Adjust your taste buds by cutting back on salt little by little.
- Read Nutrition Facts labels and ingredient lists to find foods lower in sodium.
- Pay attention to condiments and use items like soy sauce, ketchup, pickles and seasoning packets in small amounts.

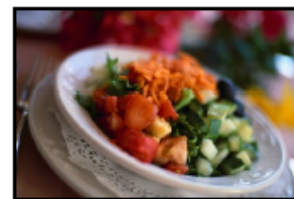
Source: *USDA Dietary Guidelines*

Salad in a Bag

A simple and quick way to prepare a salad!

- 1 cup lettuce per person
- 1/2 cup of vegetables per person such as: broccoli, black beans, kidney beans, garbanzo beans, shredded carrot, peas, cabbage, cauliflower, celery, cucumbers, green beans, onions, tomatoes, zucchini, asparagus, red, yellow or green peppers, mushrooms
- 1-2 Tablespoons salad dressing per person

1. Use a one-gallon sized sealable bag for a family sized salad or a one-quart sized bag for individual salads.
2. Place 1 cup lettuce per person in the gallon bag or 1 cup in each quart bag.
3. If making individual salads in quart bags, add 1/2 cup of veggies to each bag. If making a family sized salad in gallon bag, add 1/2 cup of veggies per person.
4. Add salad dressing. Seal bag shut and shake to distribute the dressing over all the ingredients.



Source: *Iowa State University Spend Smart Eat Smart*

5-20 Nutrition Facts Label Guide

Use the *5-20 Rule* as a quick guide to label reading. The *5-20 Guide* doesn't define a food as good or bad. Instead, it can show how the food fits into your daily diet.

- **5% Daily Value (DV) or less is low** - for nutrients you want to get less of, choose foods with a low % DV.
 - ⇒ Nutrients to get less of are saturated fat, trans fat, cholesterol, and sodium.
- **20% Daily Value (DV) or more is high** - for nutrients you want to get more of, choose foods with a high % DV.
 - ⇒ Nutrients to get more of are fiber, vitamins A & C, calcium and iron.

Look at the Nutrition Facts label below. Is the sodium in this food item 5% or below the Daily Value?

Chicken Noodle Soup		
Nutrition Facts		
Serving Size 1/2 cup (120 ml) condensed soup		
Servings Per Container about 2.5		
Amount Per Serving		
Calories	60	Calories from Fat 15
		% Daily Value*
Total Fat	1.5g	2%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	15mg	
Sodium	890mg	37%
Total Carbohydrate	8g	3%
Dietary Fiber	1g	4%
Sugars	1g	
Protein	3g	
Vitamin A	4%	Calcium 0%
Vitamin C	0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		
	Calories	2000
		2500
Total Fat	Less than	65g
Sat Fat	Less than	20g
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300g
Dietary Fiber		25g

No, the chicken soup label above is well above the 5% or less Daily Value for a nutrient we need to limit.

Source: *American Dietetic Association*



Dear Sue Keeney...

Meet Sue Keeney--your source of research-based information about nutrition and health! Readers of all ages like Sue's practical tips on eating for good health, stretching the food dollar & more!

Submit your question to Sue Keeney at fwi.uwex.edu/foodsense/ask-sue-keeney/.

Dear Sue,

My family has a history of heart disease, so I'm trying to limit the sodium in my diet. The problem is my food has no flavor! Is it possible that food can taste good without salt?

Noah Taste

Dear Noah,

Yes, it is possible! Using spices and herbs are great ways to add flavor to food. If you do not use spices and herbs often, it may take some experimenting.

When beginning, start with 1/4 teaspoon of most ground spices or dried herbs for 4 servings, 1 pound of meat or 1 pint of sauce. When using garlic powder, cayenne or red pepper flakes, add in smaller amounts.

The chart below shows which spices and herbs are commonly used with certain foods. This is a great place to start your experimenting.

Beef	bay leaf, marjoram, nutmeg, onion, pepper, sage, thyme
Chicken	ginger, marjoram, oregano, paprika, rosemary, sage, tarragon, thyme
Pork	garlic, onion, sage, pepper, oregano
Fish	curry powder, dill, dry mustard, marjoram, paprika, pepper
Greens	onion, pepper
Summer Squash	cloves, curry powder, marjoram, nutmeg, rosemary
Tomatoes	basil, bay leaf, dill marjoram, onion, oregano, parsley

Enjoy!

Sue

Source: *Nutrition for the Young at Heart, Michigan State University Extension*