



Photos courtesy of pixabay.com

EAT WELL, AGE WELL. MORE HERBS LESS SALT

When someone mentions increasing antioxidant intake we tend to think about blueberries, cranberries, and wine. However, herbs are a great source of antioxidants while providing delicious flavor in a small serving! For example, just ½ teaspoon of ground cloves is thought to have as much antioxidants as ½ cup of blueberries. There are many studies that support the benefits of antioxidants due to their protective properties that help to protect cells from oxidative stress. These beneficial characteristics also help to prevent chronic diseases like heart disease. Herbs and spices are a great way to reduce sodium intake while preparing food. Studies have shown that high sodium intake is associated with a greater risk factor for heart failure, stroke, and other problems, especially in those over 55.

Herbs can be divided into two main categories; tender herbs and woody herbs. Woody herbs tend to be cooked longer than tender herbs that are usually used as garnish. Tender herbs include basil, chives, cilantro, dill, mint, and parsley. Woody herbs include lavender, oregano, rosemary, sage, and thyme. Woody herbs are used in similar ways to tender herbs but can infuse a distinct flavor in the food through extended cooking. Some of my favorite herb and food pairings are cilantro on tacos, basil on pizza, and rosemary on pan fried potatoes. This month considering trying a new herb in a dish or even buying your own herb plant. The flavor combinations are endless!

WEEKLY CHALLENGES

TRY A NEW HERB
THIS WEEK

FIND ONE WAY TO
REDUCE SODIUM
INTAKE

SPEND TIME
OUTSIDE

INCLUDE AN HERB
OR SPICE IN TWO
MEALS

DID YOU KNOW?
THE RECOMMENDED
TOTAL SODIUM INTAKE
IS 2,300 MG OR ABOUT
1 TEASPOON PER DAY

Note to Nutrition Directors and Site Managers:

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate nutrient dense foods into their eating habits. You can help create excitement to try new foods. They will find that they are really tasty and they will feel better if they add some of these foods to their diets.

If they ask how they should record if they reach their weekly action plan. They can write words like, "Nailed it" or just a short note like, added tomato juice at breakfast or added kale to my salad, etc.

Week 1: Give out:

- The 1- page overview handout Eat Well, Age Well. More herbs, less salt.
- Placemat/handout for *Jazzed Up Beverages*
- Monthly tracking calendar

Week 2: Give out placemat/handouts for:

- *Beneficial Basil*

Week 3: Give out placemat/handouts for:

- *Easy Oregano Chicken*

Week 4: Give out placemat/handout:

- *Dynamic Dill*

To print the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet, and click on the drop down menu to select "Scale to Paper Size" and select "letter" size paper.

I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments pam.vankampen@gwaar.org