

Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.

Low Sodium Foods:

Berries



Berries are typically high in fiber, vitamin C, and antioxidant polyphenols. Incorporating berries into your diet may help prevent and reduce symptoms of many chronic diseases. There are many different kinds of berries including raspberries, blueberries, strawberries, blackberries, and cranberries. Berries are perfect for putting in smoothies or eating plain.

Weekly Challenge:

Try a smoothie recipe with multiple kinds of berries to get many nutrients.



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Nutrient Dense

Beans



Nutrient dense foods are foods that are high in vitamins, minerals, and low in calories.

An example of a nutrient dense food is beans. Beans are a rich source in fiber and B vitamins. They are also a great replacement for meat as a source of vegetarian protein. Different kinds of beans include chickpeas, kidney beans, black beans, soybeans, and pinto beans.

Weekly Challenge:

Try a recipe for chili that includes multiple kinds of beans in it. Remember to rinse canned beans in water before using.

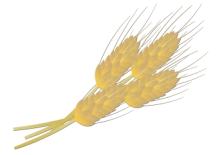


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Low Sodium Foods:

Whole Grains



According to the MyPlate standards, it is recommended that you eat six 1-ounce servings of grains each day. Half of these servings should be whole grains. Whole grains are tasty when mixed with salads, soups, breads, and more. Whole grains are packed with antioxidants and heart-healthy soluble fiber that helps control appetite while regulating blood pressure.

Weekly Challenge:

Follow the MyPlate standard and make sure that half of your grain servings are whole grain.



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Nutrient Dense, Low-Sodium Meals

Replacing salt in recipes with herbs and spices is an easy way to reduce the amount of sodium in homemade meals. Combinations of spices allow your dish to be very flavorful without sacrificing flavor.

Check the nutrition labels for sodium content in canned items especially.

Canned beans and vegetables often contain added salt, so rinse them before consuming and buy low sodium or no salt added varieties.

Weekly Challenge:

Prepare 2 meals that you would usually add salt to with spices and herbs.



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High-Sodium vs. Low-Sodium Foods

Sodium comes in many forms besides a salt shaker. It is important for one's health to focus on low-sodium options.

High-sodium foods include: processed foods, sauces, cured meats, canned soup, salted nuts, chips, fast food, salad dressing, pickled foods, and more.



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Low-sodium foods include: whole fruits and vegetables, most frozen and dried fruits, dried grains such as brown rice, wheat pasta, and quinoa, and dried beans.



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Weekly Challenge:

Replace 2 high-sodium meals or snacks with low-sodium options this week.

GWAAR Nutrition Team in Collaboration with UW-Stout Dietetic Students by Nicole Tellock 4-2021

Importance of Limiting Sodium

Excessive sodium intake can increase one's risk of developing high blood pressure which can lead to heart disease, heart failure, and stroke.

Limiting sodium to less than 2300 mg per day is recommended for healthy individuals.

As the body ages, elevated blood pressure becomes more prevalent, so it may be recommended that the elderly limit sodium intake to less than 1500 mg per day.

Using spices instead of salt in cooking reduces sodium intake. In addition, look for "low-sodium" options of packaged food.

Weekly Challenge:

Try to limit your sodium intake to 2300 mg per day or less each day this week.



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Nutrient Dense, Low-Sodium Foods

Sugar Snap Peas

Sugar snap peas are a perfect multipurpose vegetable. Their big crunch makes them a great snacking option to be eaten alone or with a dip. Or add that crunchy sweetness to a salad to pack it with more nutrition. Sugar snap peas also go great as a part of cooked meals such as a stir fry. This low-calorie food carries loads of nutrients such as vitamin C, fiber, a little protein, and more!

Weekly Challenge:

Experiment with different ways to use this versatile veggie at least 3 times this week.



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Nutrient Dense, Low-Sodium Foods

Hummus

Hummus is savory and versatile food that can be spread on sandwiches or used as a dip for vegetables or crackers. In addition to having around half the sodium content of other dips and spreads, this chickpea-based option also contains protein, fiber, and healthy fats.

Explore the various flavors offered, but be aware that some may sneak in more sodium.

Weekly Challenge:

Try two tablespoons of plain hummus as a dip for your favorite vegetable(s) at least three times this week.



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Nutrient Dense, Low-Sodium Foods

Herbs & Spices

This is more for seasoning rather than being an actual food. However, the list of options that includes, basil, oregano, rosemary, sage, cinnamon, paprika, garlic, and ginger is virtually limitless. These alternatives to salt not only help to keep your sodium levels in check, but they also come packed with a variety of vitamins, minerals, antioxidants and more!

Weekly Challenge:

At least once this week, ditch the salt and try out some of the many herbs and spices instead.



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Low Sodium Foods: Vegetables

Nearly all Americans eat more than the recommended amount of sodium (salt).

Eating foods low in sodium can help lower blood pressure and delay the onset of high blood pressure.

Fresh and frozen vegetables are easy to add to any meal and are very low in sodium!

Weekly Challenge:

Try incorporating a vegetable in with each meal this week.



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Low Sodium Foods: Milk

A few tips to reducing the amount of sodium in your diet are:

Stop adding salt to your food.

Use low-sodium options.

Look at the amount of sodium in a food on the label.

Skim, low-fat, and regular milk are all low in sodium and are a good source of calcium.

Weekly Challenge:

Try having milk with a meal this week.



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Low Sodium Foods: Nuts

When eating low sodium foods, make small changes to start. For example, start by eating unsalted nuts rather than salted nuts. By jumping right into it can be hard and stressful on an individual.

Start by making small changes in the diet.

Unsalted nuts are low in sodium and a great source of different minerals and healthy fat!

Weekly Challenge:

Try having unsalted nuts as a snack.



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