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EAT WELL, AGE WELL. SALT-FREE COOKING, SPICE IT UP!

Salt is commonly added to foods to increase their flavor but too much sodium in your system promotes water retention in the bloodstream. Over time, the extra volume of blood can stress and stiffen blood vessels, making the heart work harder to maintain blood flow. This can lead to an increased risk of heart attack and stroke. Eating a low-sodium diet (less than 2300 mg/day) can help.

Try Salt-free Cooking by adding other ingredients into your recipe. This could include adding lemon juice, citrus fruits, or wine. When you are cooking salt-free foods try to avoid adding onion or garlic **salt** and replace it with either fresh garlic and onion or the **powdered** form.

Herbs and Spices are a great way to add flavors and color to your recipes while also reducing the amount of sodium. They also provide antioxidants and other health benefits. Some common herbs and spices include basil, oregano, thyme, parsley, cinnamon, and many more.

Limit Processed Foods. Fast food, frozen meals, canned foods, packaged baked goods, condiments, and soups tend to be high in sodium. Look for no-added salt or low sodium versions that have less than 140 mg per serving.

Source: Cooking without salt

<https://medlineplus.gov/ency/patientinstructions/000760.htm>

WEEKLY CHALLENGES

TRY USING FRESH
OR DRIED HERBS

TRY ADDING CITRUS
FRUITS TO YOUR
RECIPE FOR FLAVOR

TRY A SALT-FREE
SEASONING BLEND
OR SEASONED
PEPPER

CHECK THE SODIUM
LEVEL ON
PACKAGED FOODS

DID YOU KNOW

**1 TEASPOON OF SALT
CONTAINS 2300 MG
OF SODIUM!**

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 healthy foods into their eating habits. You can help create excitement to try new foods. These foods will help curb your appetite during feasting days and help you feel energized.

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 apples at breakfast or added beans to my soup, etc. on the *Monthly Tracking Calendar*.

Week 1: Give out/Post

- The 1- page overview handout Eat Well, Age Well. *Salt Free Cooking; Spice it Up!*
- Placemat/handout – *Sweet Potato, Pepper & Onion Hash*
- Table Tent- *Mint, Parsley, Thyme*
- *Monthly Tracking Calendar*

Week 2: Give out/Post

- Placemat/handouts – *Crispy Potato Skins*
- Table Tent- *Salt-Free Cooking Benefits*

Week 3: Give out/Post

- Placemat/handouts – *Salt-Free Seasoning Recipe*
- Table Tent- *Salt-Free Cooking Tips*

Week 4: Give out/Post

- Placemat/handout- *Lemon-Herb Roasted Potatoes*
- Table Tent- *Salt-free Spices and Herbs*

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.

The table tents are available in a full-size version that you can post on a bulletin board, give as a handout, or place in a full-size table tent holder or print the 4 x 6-inch version and place in a 4 x 6 or 5 x 7-inch holder. I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments at pam.vankampen@gwaar.org