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EAT WELL, CARE WELL. LOWER SODIUM CANNED FOODS & HOW TO USE

Even if you purchase low-sodium canned foods, rinse them in water before you use them to remove as much extra salt as possible, recommended by Colorado State University Extension. While you cannot do this with soup, it works well with canned beans and vegetables and can help you lower the sodium in some canned goods of which there isn't a low-sodium version.

Preparation. For a canned food to be low in sodium, it needs to have 140 milligrams of sodium or less per serving. If you cannot find a low-sodium option for a particular food, those labeled "reduced sodium" or "no added sodium" can also make good choices and allow you to reduce your sodium intake, although they still may contain relatively high levels of sodium.

Canned Spinach– If your spinach always goes bad before you get a chance to eat it, canned spinach is the way to go. Canned spinach actually contains more vitamin C per serving than its fresh counterpart!

No Salt Added Tomato Sauce- Pasta lovers, take note. It is a good rule of thumb to look for low-sodium versions of tomato sauce whether you buy cans or jars.

WEEKLY CHALLENGES

BUY LOW SODIUM CANNED GOODS

TRY ONE OF THE OVERNIGHT OATS RECIPES

REDUCE OR ELIMINATE SALT IN COOKING

CUT BACK ON PROCESSED FOODS

DID YOU KNOW?

Most Americans consume 4,000 to 6,000 milligrams of sodium a day. The recommended intake is 2,400 milligrams a day.

Sauteed Spinach with Garlic

Ingredients

- 1-2 cloves garlic, minced
- 3 tablespoons veggie broth, or a drizzle of your favorite low sodium oil
- 2 cups fresh spinach
- 1 tablespoon white wine
- a squeeze of fresh lemon juice

Instructions

1. Sauté garlic with 1 tablespoon broth or drizzle of oil on medium-low heat for 1 to 2 minutes or until fragrant.
2. Add the spinach, the other 2 tablespoons of broth, or a little bit more oil and wine. Sauté 3-4 minutes until spinach is wilted.
3. Squeeze some lemon on top and enjoy on its own or as a side to any meal!

Source: <https://www.veggiesdontbite.com/veestro-review-best-sauteed-spinach/>

Low Sodium Spaghetti Sauce

Ingredients

- 1/4 cup chopped onions
- 15 oz no salt added tomato sauce (canned)
- 8 tablespoons of no salt added tomato paste (Hunt's)
- 1 1/2 tablespoons sugar (optional)
- 3 teaspoons garlic, diced or minced
- 1 1/2 teaspoons dried, ground oregano
- 2 tbsps leaves basil (dried)
- 1/8 tsp crushed red pepper flakes
- 1 1/2 cups of water

Instructions

1. Spray a pan with cooking spray. Cook the onions until they're translucent and add the tomato sauce and tomato paste, then water.
2. Stir in all the spices and let the sauce simmer on low for 30 minutes. Adding in ground beef is optional.

Source: <https://www.recipe-diaries.com/low-sodium-spaghetti-sauce/>