

WINTER



FRESH & HEALTHY

HEALTHY LIFESTYLE TIPS

Slash the Salt and Boost Flavor in Family Meals

Did you know the majority of Americans have too much sodium in their diets? Many of us consume 3,500 milligrams of sodium each day – well above the Dietary Guidelines for Americans recommendation of less than 2,300 milligrams for the general population and less than 1,500 milligrams for people 51 years or older, African Americans, and people who have high blood pressure, diabetes or kidney disease.

How much sodium?

Just one teaspoon of table salt contains 2,325 milligrams of sodium

As for kids, nine out of 10 eat more sodium than is recommended, which may put them at risk for developing high blood pressure later in life.

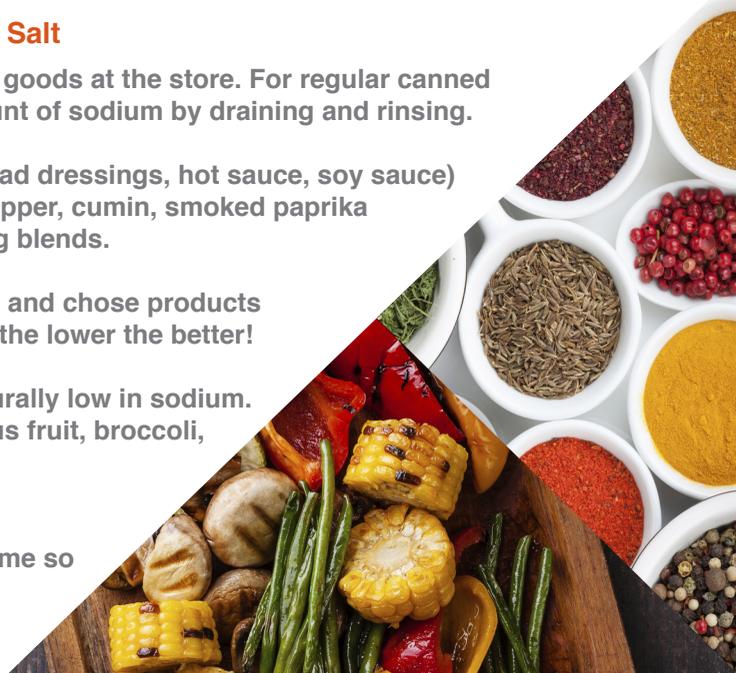
But you may be surprised to learn the majority of sodium in our diets is not from the salt we add to our food. Instead, over 75% of the sodium in the American diet comes from foods you may not think about, such as :

- Hot dogs, sausage, bacon, deli meats
- Frozen meals and pizza
- Fast food and restaurant meals
- Soups
- Salad dressings
- Breads and rolls
- Savory snacks (pretzels, crackers, microwave popcorn, etc.)

You and your family can shake the sodium out of your diet by turning some small changes into habits.

Here's How: Five Tips to Boost Flavor and Slash Salt

- 1) Look for reduced sodium or no-salt-added canned goods at the store. For regular canned vegetables and beans, you can remove a fair amount of sodium by draining and rinsing.
- 2) Choose reduced-sodium condiments (ketchup, salad dressings, hot sauce, soy sauce) and spice things up with black pepper, cayenne pepper, cumin, smoked paprika or other savory herbs and no-salt-added seasoning blends.
- 3) Read those labels. Check the Nutrition Facts panel and chose products with less than 20% of the Daily Value for sodium – the lower the better!
- 4) Eat more fresh or frozen fruits and vegetables naturally low in sodium. In the winter, enjoy seasonal produce such as citrus fruit, broccoli, cauliflower, beets, turnips, potatoes, parsnips and sweet potatoes.
- 5) Buy fewer frozen meals and cook more often at home so you control the ingredients.





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Make a MyPlate Low Sodium Dinner

Mouth-Watering Oven-Fried Fish with Baked Sweet Potatoes

Makes 6 servings

(Only 235 milligrams of sodium per serving)

Ingredients:

6 medium sweet potatoes, rinsed and scrubbed
2 pounds fish fillets, like Atlantic cod or tilapia
1 tablespoon fresh lemon juice
¼ cup low-fat buttermilk
1 teaspoon minced garlic
⅛ teaspoon hot sauce
¼ teaspoon black pepper
¼ teaspoon salt
¼ teaspoon onion powder
½ cup crushed corn flakes
1 tablespoon vegetable oil
1 lemon, cut into wedges

Instructions:

- 1) Preheat oven to 400 degrees Fahrenheit.
- 2) **(KID STEP)** Pierce each sweet potato a few times with a fork. Place each on a tray covered with aluminum foil.
- 3) Place in oven. Bake for 45 minutes until soft inside.
- 4) Clean and rinse fish. Wipe fillets with lemon juice and pat dry.
- 5) **(KID STEP)** Combine buttermilk, garlic and hot sauce in a shallow pan.
- 6) **(KID STEP)** In a small bowl, combine pepper, salt, onion powder and crushed corn flakes. Place on a plate.
- 7) **(KID STEP)** Place fillets briefly in buttermilk mixture. Remove and coat both sides of each fillet with seasoned corn flakes. Let stand briefly until coating sticks to each side of fish.
- 8) **(KID STEP)** Place on lightly oiled shallow baking dish.
- 9) Bake in oven for 20 minutes. (Add to oven about 25 minutes after potatoes so they finish cooking around the same time.)
- 10) Cut into 6 pieces and serve with lemon wedges and sweet potatoes.



Source: <http://www.choosemyplate.gov/budget/downloads/2WeekMenuCookbook.pdf>



Smart Phone Apps for Tracking Sodium in Your Diet:

Sodium Cravings (free) – Set a daily sodium goal and track your sodium intake by keeping a simple food diary that taps into a comprehensive food database.

Sodium 101 (free) – Use this sodium tracker to keep tabs on what you eat and the amount of sodium at every meal. It also features a virtual salt shaker that can track any salt you add to your food.



Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about a diet and exercise plan that's right for you. [visit myhealthyforlife.com](http://myhealthyforlife.com)



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