DIETARY GUIDELINES FOR AMERICANS:
CHOOSE A DIET MODERATE IN SALT AND SODIUM

One of the Dietary Guidelines is to choose a diet moderate in salt and sodium. If you have high blood pressure or have heart problems you may have been told not to eat foods with added sodium. For some people, choosing foods with less salt and sodium may improve high blood pressure when done with regular exercise, losing weight and taking prescribed medication.

Sodium is not all bad. Some sodium is important for good health. In fact, your body uses sodium to help move nerve impulses throughout the body, keep fluid balance, control blood pressure and help muscles move and relax.

If you have decided to control the amount of sodium in your diet, it helps to know where to find it. Table salt, which is 40% sodium and 60% chloride, is the most common source of sodium in the food we eat. Check the ingredient list and Nutrition Facts on food labels to decide how much salt and other sources of sodium are present in the foods you eat.

Which Foods Contain Sodium?

If you have decided to reduce the amount of sodium in your diet, choose these foods sparingly:

- Foods such as pickles, olives and sauerkraut
- Salty or smoked meats, such as bologna, sausage, lunch meat and bacon
- Snack foods such as potato chips, pretzels, salted popcorn, salted nuts and crackers
- Fast foods, such as pizza, French fries, fried chicken and hamburgers
- Convenience foods such as TV dinners, and packaged dinners
- Processed cheese
- Canned and instant soups
- Seasoned salts, soy, Worcestershire and barbecue sauce
- *Baking Powder– used in baking and causes cakes to rise
- *Baking Soda– used in baking and causes cakes to rise
- Monosodium glutamate (MSG)– flavor enhancer
- Sodium nitrite– curing agent in meat, provides color and prevents botulism
- Sodium citrate– used to control the acidity in soft drinks and fruit drinks
- Sodium benzoate– preservative
- Sodium caseinate– thickener
**Make a Meal**

Never know what to have for dinner? Here are some common food items. Pretend that you only have these foods available to you for a week. Can you come up with meals to feed your family? You can use the foods as often as you like. Be creative!!

**Foods Available:**

[Images of various food items]

**Your week of meal ideas:**

Monday ____________________________         Friday ________________________________

Tuesday ______________________________         Saturday _____________________________

Wednesday ____________________________          Sunday ______________________________

Thursday ______________________________

**Food Safety: Cleanliness Counts!!**

Bacteria can be found all around us. That is why we must take precautions when dealing with food. Our hands can be one of the best places for bacteria to hide. Before you eat or touch any food, wash your hands with warm soapy water. Also, practice proper personal hygiene. Bacteria can spread in the kitchen by getting on cutting boards, knives, sponges, rags, tables, and counter tops.

- Wash your hands with warm soapy water before touching food and after using the bathroom, changing diapers, touching your face and hair and touching pets.
- Wash cutting boards, knives, utensils and counter tops with hot soapy water after preparing each food.
- Clean up all of the dishes immediately after use.
- Use plastic cutting boards when cutting raw meat or chicken. Wash in hot soapy water, and then rinse with a solution of one capful of bleach in one gallon of water. Be sure to clean immediately after use.
- Wash your dish rags often in the hot cycle of the washing machine.

Rice with Beans

Ingredients

- 1 cup uncooked brown or white rice
- 2 cups water
- 1 Tbsp. oil, margarine or butter
- 2/3 cup chopped onion
- 2 medium tomatoes, chopped
- 1 medium zucchini, chopped
- 1/2 tsp. oregano (optional)
- 1 (16 oz.) can kidney, pink, black or garbanzo beans, drained, or 1 1/2 cups, cooked beans
- 1/2 cup shredded cheese (optional)
- Pepper to taste

1. Measure 1 cup of uncooked rice and 2 cups of water.

2. Place the water and rice in a saucepan. Bring to a boil, reduce heat cover, and simmer for 20 minutes.

3. Heat 1 Tbsp. oil, margarine or butter in a frying pan.

4. Add 2/3 cup chopped onion to frying pan. Cook until soft.

5. Chop 2 tomatoes, and 1 zucchini.

6. Add the tomatoes, zucchini and oregano to the frying pan. Simmer the mixture for about 5 minutes.

7. Add the can of beans.

8. Simmer the mixture, stirring occasionally, until heated through. Add pepper if desired.

9. Spoon the vegetable-bean mixture over hot rice. Sprinkle cheese on top, if desired.

Nutrition Facts

Serving Size 2 cups
Servings Per Container 4

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<tr>
<th>Amount Per Serving</th>
<th>Calories 374</th>
<th>Calories from Fat 41</th>
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<tbody>
<tr>
<td>% Daily Value</td>
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<tr>
<td>Total Fat</td>
<td>5g</td>
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<tr>
<td>Saturated Fat</td>
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Vitamin A 8% • Vitamin C 23%
Calcium 5% • Iron 27%
NEP means Nutrition Education Program. In Salt Lake, Davis, Box Elder, and Utah Counties there is EFNEP, which stands for Expanded Food and Nutrition Education Program. In the rest of the counties there is FNP which stands for Family Nutrition Program. Both programs provide information and teach skills that people need to improve their health and well being through diet.

NEP for families offers nutrition education through individual and family instruction in the home and in small group classes. The lessons are taught by Nutrition Assistants who are members of the USU Extension staff. The Nutrition Assistants have personally experienced the difficulty of raising families on a limited income.

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