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## Nutrition News

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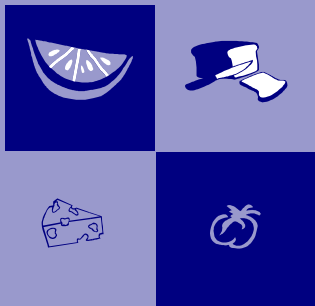
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# NUTRITION NEWS



Karen Bergs, R.D. & Laura Prestwich, R.D.

## NEP

Nutrition Education Program  
for Families

### 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.

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#### Sources of Sodium

Salt is not the only source of sodium. Here is a list of some sodium containing ingredients and their use in food.

- \* **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

#### 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

# 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:



## Your week of meal ideas:

Monday \_\_\_\_\_

Friday \_\_\_\_\_

Tuesday \_\_\_\_\_

Saturday \_\_\_\_\_

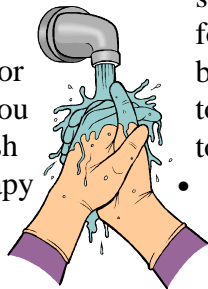
Wednesday \_\_\_\_\_

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,

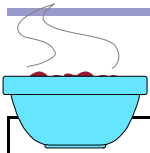


tables, and counter tops.

- 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.

Source:  
The Educational Foundation of the National Restaurant Association. *Applied Foodservice Sanitation*. 1995.



# 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

## Nutrition Facts

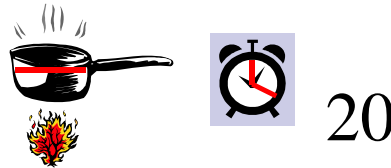
Serving Size 2 cups  
Servings Per Container 4

Amount Per Serving	
Calories 374 Calories from Fat 41	
% Daily Value	
Total Fat 5g	7%
Saturated Fat 1g	3%
Cholesterol 0g	0%
Sodium 8mg	<1%
Total Carbohydrate 71g	24%
Dietary Fiber 7g	27%
Sugars 4g	
Protein 14g	
Vitamin A 8%	Vitamin C 23%
Calcium 5%	Iron 27%

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



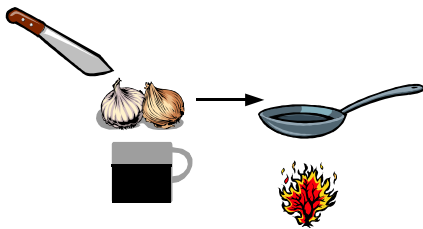
2. Place the water and rice in a saucepan. Bring to a boil, reduce heat cover, and simmer for 20 minutes.



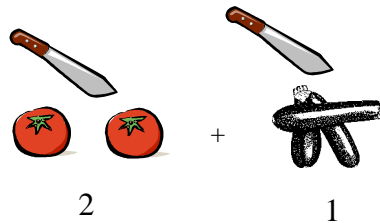
3. Heat 1 Tbsp. oil, margarine or butter in a frying pan.



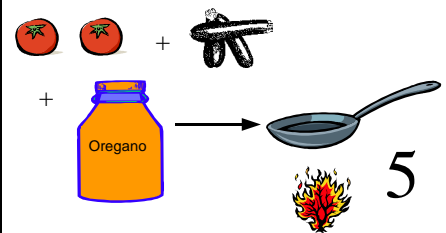
4. Add 2/3 cup chopped onion to frying pan. Cook until soft.



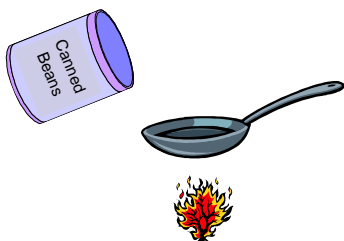
5. Chop 2 tomatoes, and 1 zucchini.



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.



# NEP

Nutrition Education Program for  
Families

# Utah State UNIVERSITY EXTENSION

## State of Utah

DEPARTMENT OF WORKFORCE SERVICES



*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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## Turtle Talk

Dear Turtle,

My baby is four months old. I heard that I can start feeding him solid foods. I tried to give him some cereal, but he keeps spitting the food out. Am I doing something wrong?

Sincerely,

Pam

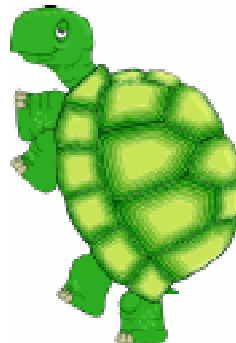
Dear Pam,

In general, babies are ready for solid foods between the ages of four to six months. Your infant may be too young and not ready to start solids. You will know when your baby is ready for solids when he can sit up with support, is able to hold his head up, puts toys in his mouth,

and brings his hands together. If your baby is still hungry after eight to 10 breastfeedings or 32 ounces of formula, and he acts interested in foods you are eating, those are also signs that your baby is ready to start solids. If your baby is ready for solids, offer him cereal one or two times a day. Make sure the cereal is very thin, and gradually thicken the mixture as your baby learns to eat from a spoon.

Sincerely,

Turtle



## Menu Ideas

There are no right or wrong ideas. These ideas are just some suggestions.

- Homemade macaroni and cheese (use crushed cracker crumbs to top and bake)
- Pasta with salad dressing, vegetables and tuna
- Egg salad
- Tuna salad
- Biscuits
- Cornbread
- Pasta with cheese, corn and tomato sauce
- Potato salad
- Baked potato with vegetables and cheese
- Burritos
- Fruit salad