



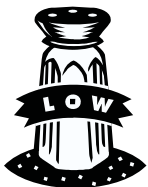
February is American Heart Month

*Take care of your heart by going easy on the salt!
Too much sodium can play a role in raising our blood pressure.*



Adults and children should reduce the amount of sodium in their diets to 2,300 milligrams of sodium daily (a total of 1 teaspoon of salt from all sources).

People over age 51, African Americans and those with high blood pressure, diabetes or kidney disease should reduce their sodium intake to 1,500 milligrams per day.



10 Tips to Trim Sodium

Think fresh.

- ♥ Eat highly processed foods less often and in smaller portions. Ready-to-eat foods such as canned chili and soups often are high in sodium.

Enjoy home-prepared foods more often.

- ♥ Preparing your foods lets you limit the amount of salt that you add.

Fill up on veggies and fruits.

- ♥ Enjoy a vegetable or fruit at every meal. They are naturally very low in sodium.

Choose dairy and protein foods that are lower in sodium.

- ♥ Get your calcium from low-fat milk and yogurt more often than cheese. Choose fresh beef, pork, poultry and seafood more often than sausage, bacon and luncheon meats.

Adjust your taste buds.

- ♥ Cut back on salt little by little. Your taste for salt will lessen as time passes.

Skip the salt.

- ♥ Use spices, herbs, garlic, vinegar or lemon juice to season foods. Try black or red pepper, basil, curry, ginger or rosemary.

Read the label.

- ♥ Compare the amount of sodium listed on Nutrition Facts labels. Look for foods labeled "low sodium," "reduced sodium" or "no salt added."

Ask for low-sodium foods when you eat out.

- ♥ Some restaurants will prepare lower-sodium foods at your request. Some will serve sauces and salad dressings on the side, so you use less.

Pay attention to condiments.

- ♥ Choose lower-sodium ketchup and soy sauce when possible. Have a carrot stick instead of a pickle for a crunchy side dish.

Boost your potassium intake.

- ♥ Potassium may help lower your blood pressure. Potassium-rich foods include potatoes, tomato juice and sauce (choose lower-sodium versions), sweet potatoes, beans (white, lima, kidney), bananas, yogurt, orange juice and milk.



This program is funded in part by USDA's Supplemental Nutrition Assistance Program. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

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I pack lunches for my children, but I sometimes worry that the foods won't stay at a safe temperature until lunchtime. What can I do?



Invest in an insulated, soft-sided lunch bag, which will help keep cold foods cold. If you use paper bags, double-bag the lunch to help insulate the food. Freeze juice boxes and use them to keep the food chilled. Your child will appreciate the cold juice at lunchtime.

If you pack warm foods such as soup or chili, use an insulated container. Before adding the food, fill the container with boiling water and let it stand for a few minutes. Empty the water, then add your hot food.

FoodWi\$e Tip of the Month

I stretch my food dollar by extending pre-packaged dry meal mixes.

For Tuna or Hamburger Helper-style mixes, I add extra meat and noodles, plus the amount of water needed to cook the noodles, into the recipe. The meal still has plenty of flavor but provides additional servings.

These mixes tend to be high in sodium. By extending them, the sodium per serving is lowered, which makes them more healthful.

– Karen Armstrong, Rolette County

Yes, opening a can of spaghetti sauce is easy, but you may enjoy this fresh-tasting sauce even more. Your meal will be ready – and homemade – in about 30 minutes.

Homemade Meat Sauce

- 2 tsp. salad oil (such as olive, canola or sunflower oil)
- 1 large onion, finely chopped
- 1 large carrot, finely chopped
- 1 stalk celery, finely chopped
- 4 cloves garlic, minced
- 1 Tbsp. Italian seasoning
- 1 pound lean (90 percent or leaner) ground beef
- 1 28-ounce can crushed tomatoes
- ¼ c. chopped flat-leaf parsley (optional)
- ½ tsp. salt (optional)
- ½ c. grated Parmesan cheese
- 1 pound whole-wheat spaghetti

Menu idea

Whole-wheat Spaghetti With Homemade Meat Sauce

Steamed broccoli

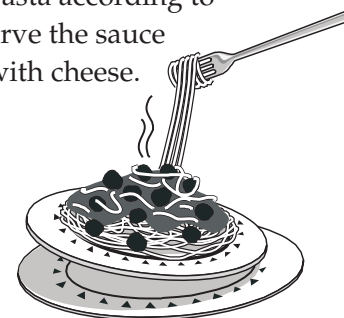
Garlic bread

Baked apples with cinnamon

Low-fat or fat-free milk

Rinse and prepare vegetables as indicated. Heat oil in a large skillet over medium heat. Add onion, carrot and celery, and cook, stirring occasionally, until the onion is beginning to brown, five to eight minutes. Stir in garlic and Italian seasoning; cook until fragrant, about 30 seconds. Add beef and cook, stirring and breaking up with a spoon until no longer pink. Drain grease. Increase heat to high. Stir in tomatoes and cook until thickened, four to six minutes. Stir in parsley if desired and salt. Keep warm. Cook pasta according to package directions. Drain. Serve the sauce over the pasta and sprinkle with cheese.

Makes eight servings. Each serving has 389 calories, 9 grams (g) of fat, 53 g carbohydrate, 28 g protein, 9 g fiber, 416 milligrams (mg) sodium and 709 mg potassium.



Julie Garden-Robinson, Food and Nutrition Specialist

Just for Fun

What do you call two banana peels on the floor?

A pair of slippers!



McKenzie and Williams Counties Family Nutrition Program

Please call for more information on nutrition, food purchasing or food safety.



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