

EFNEP Newsletter

For more information about this and other Herkimer County programs, call 315.866.7920

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Keep a Lid on Sodium

February is American Heart Month® and the sodium in the food we eat plays an important role in heart health! The Dietary Guidelines for Americans 2020-2025 encourages all Americans to choose foods and beverages with less sodium. So, what does that mean and how can you start to reduce the amount of sodium your family consumes?

According to the Dietary Guidelines, the average American, aged 1 and older, consumes more than 3,300 milligrams (mg) of sodium each day. The recommended amount of sodium is 2300mg per day for anyone aged 14 and older. Sandwiches make up 21% of the sodium consumed (this includes hot dogs, burritos, and tacos) and 8% from mixed rice and pasta dishes (excluding macaroni and cheese) and 5% from pizza. Too much sodium in your diet can increase your blood pressure, cause dehydration, affect how your blood clots, and can stiffen your arteries causing your heart to work harder when pumping blood to the rest of your body.

Follow these tips from MyPlate to reduce sodium in your family's diet and help keep hearts strong:

1. Read the Nutrition Facts Label. You can see how much sodium is in one serving of the food or beverage and you can use this information to make lower sodium choices.
2. Eat a variety of fresh and frozen (without added sauces) vegetables and fruit. These are very low in sodium. When you choose canned vegetables, rinse them with water before eating or using in a recipe.
3. Look for key words on food packages—brined, cured, salted, pickled all tend to have high amounts of sodium.
4. Make meals at home. Most of the sodium we eat comes from commercial processed and prepared foods and beverages which includes foods prepared at restaurants and take out locations.
5. Pick your flavor. Sodium free herb and spice blends are available in almost any combination you can imagine. Enjoy Mexican, Italian, Jerk or Greek flavors? You'll find a spice blend for that!



EFNEP is a free program helping families with children eat better for less.

Learn how to:

- Save \$\$ on grocery bills and stretch your food dollars
- Prepare low-cost quick and healthy meals
- Keep your family healthy by staying active and eating right

Who is eligible for this program?

Families with children ages 19 and under (or pregnant) who are participating in WIC, SNAP, Head Start, Medicaid, free or reduced price school lunches

If you or your organization are interested in scheduling classes, please contact:

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For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCFNEP> or scan the QR code below:



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Looking for something to do with your elementary aged children over Winter Break? Borrow Explore Winter! 25 Great Ways to Learn about Winter by Maxine Anderson and Alexis Frederick-Frost (Illustrator) from your local public library. This book is jam packed with experiments and projects to help your children learn more about winter and includes indoor and outdoor activities.



Honey Mustard Dressing

Make 6 servings
Serving size 2 tablespoons

Ingredients

- 1/2 cup low fat plain yogurt
- 3 tablespoons 1% or nonfat milk
- 1 tablespoon of honey
- 2 teaspoons of prepared mustard (any type)

Directions

1. Wash hands with soap and water.
2. Combine yogurt, milk, honey, and mustard in a small bowl and stir until smooth. Cover and chill for 30 minutes in the refrigerator.
3. Refrigerate leftovers within 2 hours.

Notes:

- *Honey should not be fed to children under 1 year old.*
- For a stronger mustard flavor, add an extra teaspoon or two of mustard. Perfect for your favorite salad!



Nutrition facts for 2 tablespoons: 30 calories, 0g total fat, 0g saturated fat, 0mg cholesterol, 35mg sodium, 5g total carbohydrate, 0g dietary fiber, 5g total sugars, 3g added sugars, 1g protein, 0% Vitamin D, 4% calcium, 0% iron, 2% potassium, 0% calories from fat

Source: www.foodhero.org Oregon State University, Oregon State Extension Service