

# EFNEP Newsletter

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

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## Celebrate American Heart Month by Being Salt Smart

February is **American Heart Month** and a time to celebrate all you can do to keep your heart healthy. Being Salt Smart in one step you can take to improve your heart health. Sodium is a mineral needed to stay healthy but too much sodium can lead to higher blood pressure. High blood pressure is called ‘the silent killer’ because a person with high blood pressure may not know it’s high and may not feel any ill effects. It is the number one cause of death worldwide.

Sodium is found in table salt, which is 60% sodium and 40% chloride, packaged foods like flavored rice side dishes, prepared foods like pizza and restaurant foods. About 70% of an adults sodium intake is from packaged, prepared and restaurant foods, 15% is found naturally in foods and 11% from the salt we add to the food we eat.

These 10 foods have the most sodium:

Breads/rolls, sandwiches, pizza, egg dishes/omelets, cheese, chicken, cold cuts, soups, burritos/tacos, savory snacks like potato chips, pretzels, and snack mixes.

Besides cutting back on the amount of salt you add to your food and eating fewer packaged, prepared and restaurant foods, what can you do to decrease the sodium in your diet? Here are a few ideas:

1. Read the **Nutrition Facts Label** and look for ‘sodium’. Any food or beverage with a % DV (% daily value) of 20% or more is considered a high sodium food. Look for a similar food with a lower % DV.
2. Choose fresh or frozen vegetables and fruit with no added sauces. When choosing canned vegetables, choose cans labeled ‘no salt added’ or rinse your vegetables under running water before heating or using in a recipe. Rinsing canned vegetables removed about 40% of the sodium.
3. Be smart about sauces. ketchup, mustard, gravy, mayonnaise, salad dressing, salsa, marinade and soy sauce may contain a high amount of sodium. Try using less or finding lower salt options.

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Visit the American Heart Association at [www.heart.org](http://www.heart.org) for more heart healthy information.

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:

Cornell Cooperative Extension Herkimer County  
5657 State Route 5  
Herkimer NY 13350  
315.866.7920  
herkimer@cornell.edu

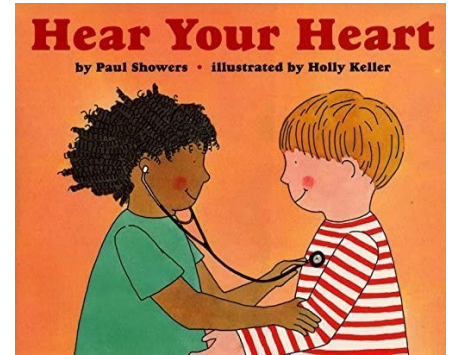
For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCEFNEP> or scan the QR code below:



*This material was funded by the USDA's Expanded Food and Nutrition Education Program.*

# KORNER IDS

Get your kids involved in learning about their heart. From your public or school library, borrow "Hear Your Heart" by Paul Showers. Together read this book then prepare the heart healthy Fruit Pizza recipe below.



## Fruit Pizza

Makes 2 servings

Serving size 1/2 of prepared muffin

### Ingredients

- 1 English muffin (try whole grain) or sandwich thin
- 2 tablespoons reduced-fat cream cheese
- 2 tablespoons sliced strawberries
- 2 tablespoons blueberries
- 2 tablespoons crushed pineapple

Note: or use any fruit you have available

### Directions

1. Wash hands.
2. Split open the English muffin and toast the halves until lightly browned.
3. Spread cream cheese on both halves.
4. Divide the fruit between the muffin halves and arrange on top of the cream cheese.
5. These are best when served immediately.
6. Refrigerate after 2 hours.

Nutrition facts for 1/2 of prepared muffin: 120 calories, 3g total fat, 1.5g saturated fat, 10mg cholesterol, 170mg sodium, 19g total carbohydrates, 2g dietary fiber, 7g total sugars, 0g added sugars, 4g protein, 0mcg Vitamin D, 114mg calcium, 1mg iron, 149mg potassium, 25mcg Vitamin A, 8mg Vitamin C, 23% calories from fat



Source: Oregon State University [www.foodhero.org](http://www.foodhero.org)