

Child Nutrition & Wellness
Kansas State Department of Education
Presents

Sock It To Sodium



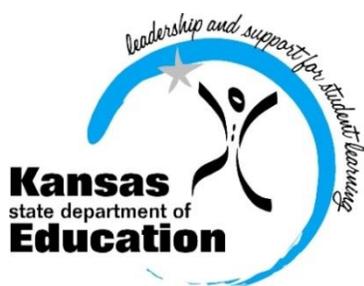
Participant Booklet

A Class for School Food Service Employees

This class was developed by Child Nutrition & Wellness, Kansas State Department of Education. Class content and activities were adapted from the following sources:

- Sodium Quiz and facts. American Heart Association, (n.d.). Retrieved March 2012 from <http://www.heart.org>.
- Choose My Plate. United States Department of Agriculture. (2010). Retrieved March 2012 from <http://www.choosemyplate.gov>
- Dietary Guidelines for Americans. United States Department of Agriculture. Retrieved March 2012 from <http://www.health.gov>
- Dietary Reference Intakes: Electrolytes and water. Institute of Medicine. Retrieved March 2012 from [http://www.iom.edu/Global/News%20Announcements/~media/442A08B899F44DF9AAD083D86164C75B.ashx](http://www.iom.edu/Global/News%20Announcements/~/media/442A08B899F44DF9AAD083D86164C75B.ashx)
- Salt FAQs. Salt Institute. Retrieved March 2012 from www.saltinstitute.org
- Sodium Intake Stats. Center for Disease Control and Prevention. Retrieved on March 2012 from www.cdc.gov
- Be Salt Savvy. United States Department of Agriculture – Team Nutrition. Retrieved on March 2012 from http://www.fns.usda.gov/tn/Resources/DGfactsheet_sodium.pdf

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*** Sock It To Sodium***
Participant Booklet
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Test Your Sodium Smarts Quiz

You may be surprised to learn how much sodium is in many foods. Sodium, including sodium chloride or salt, can come from natural sources or be added to foods. High-sodium diets are linked to increased blood pressure and a higher risk for heart disease and stroke. The American Heart Association recommends that you aim to eat less than 1,500 mg of sodium per day.

When you buy prepared and packaged foods, you can read the amount of sodium in the product per serving, in milligrams (mg), by looking at the Nutrition Facts panel. Read the Nutrition Facts panel for the overall nutrition information — including calorie, fat and sodium content — before you make food choices. Select and prepare foods with little or no salt.

Test your sodium smarts by answering the questions below about which food products are higher in sodium. Most examples use the USDA National Nutrient Database for Standard Reference, which shows the average nutrient values of multiple commercially prepared food products of the same type. Sodium amounts can vary depending on the brand, which is why we are showing averages. We've chosen "regular" or "traditional" varieties of foods as examples to illustrate their high sodium content. When you shop, we recommend that you select sodium-free, low-sodium, or reduced-sodium foods whenever they are available to reduce your sodium consumption.

Q1. Which food has more sodium? Check the item you believe has more sodium.

<input type="checkbox"/> A.) Raisin bread (enriched) 1 large slice (32g)		<input type="checkbox"/> B.) French or Vienna bread (including sourdough) 1 small slice (32g)	
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Q2. Which food has more sodium? Check the item you believe has more sodium.

<input type="checkbox"/> A.) American cheese (pasteurized process, low-fat) 1 slice (21g)		<input type="checkbox"/> B.) Swiss cheese (low-fat) 1 slice (28g)	
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Q3. Which food has more sodium? Check the item you believe has more sodium.

<input type="checkbox"/> A.) Potato salad 1/3 cup (95g)		<input type="checkbox"/> B.) Mashed potatoes (fast-foods) 1/3 cup (80g)	
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Q4. Which food has more sodium? Check the item you believe has more sodium.

<input type="checkbox"/> A.) Raisin bran flake cereal 1 cup (59g)		<input type="checkbox"/> B.) Raisin-cinnamon English muffin 1 (57g)	
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Test Your Sodium Smarts Quiz
Q5. Which food has more sodium? Check the item you believe has more sodium.

<input type="checkbox"/> A.) Potato chips (plain, salted) 1 ounce (28g)		<input type="checkbox"/> B.) Pretzels (hard, plain, salted) 1 ounce (28g)	
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Q6. Which food has more sodium? Check the item you believe has more sodium.

<input type="checkbox"/> A.) Reduced-fat Italian dressing 2 tbsp (30g)		<input type="checkbox"/> B.) Reduced-fat ranch dressing 2 tbsp (30g)	
---	---	---	---

Q7. Which food has more sodium? Check the item you believe has more sodium.

<input type="checkbox"/> A.) Ham (sliced, regular) 2 slices (56g)		<input type="checkbox"/> B.) Turkey breast (oven roasted) 2 sliced (56g)	
--	---	---	---

Q8. Which food has more sodium? Check the item you believe has more sodium.

<input type="checkbox"/> A.) Pasta sauce (spaghetti/marinara) ½ cup (128g)		<input type="checkbox"/> B.) Pasta sauce (Alfredo) ½ cup (124g)	
---	---	--	---

Q9. Which food has more sodium? Check the item you believe has more sodium.

<input type="checkbox"/> A.) Tomato soup (ready-to-serve) 1 cup (245g)		<input type="checkbox"/> B.) Chicken noodle soup (ready-to-serve) 1 cup (245g)	
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Q10. Which food has more sodium? Check the item you believe has more sodium.

<input type="checkbox"/> A.) Soy sauce 1 tbsp (18g)		<input type="checkbox"/> B.) Teriyaki sauce 1 tbsp (18g)	
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What's New

in the 2010 Dietary Guidelines for Americans

Resources:

www.dietaryguidelines.gov
www.eatright.org

The 2010 Dietary Guidelines reflect a concern about the current health of the American population. There is emphasis on healthy eating and energy balance while continuing to reinforce the food groups and patterns of a healthy diet.

Managing Calories to Manage Weight

- Balance calories and physical activity.
- Include nutrient-dense foods and beverages – whole grains, vegetables, fruits, beans and peas, seafood and lower fat milk and milk products.
- For overweight and obese adults, change diet and activity to prevent further weight gain and promote weight loss.

Change from 2005:

Healthy weight, overweight, and obesity are now overarching themes.

What's New About Breakfast?

Breakfast is encouraged for its association with weight loss, weight loss maintenance, and improved nutrient intake.

Foods and Food Components to Reduce

- Eat more nutrient dense foods, limiting sodium and calories from solid fats and added sugars in order to meet nutrient needs within calorie goals.
- Reduce sodium intake to less than 2,300 mg, and to 1,500 mg per day for certain populations; tips and strategies are provided to help people meet recommendations.

Change from 2005:

Limiting calories from solid fats and added sugar replaces the concept of discretionary calories.

Foods and Nutrients to Increase - Whole Grain

- At least half of grain servings should be whole grain.
- Replace servings of refined-grain foods with whole-grain foods.
- Meet the whole grain recommendation with foods that are 100% whole grain or those that have at least 8 grams of whole grain per ounce-equivalent.

Change from 2005:

The "make half your grains whole" message continues with more tips.

Foods and Nutrients to Increase - Protein

- Choose protein from a variety of animal- and plant-based foods and increase seafood in place of some meat and poultry.

Change from 2005:

Increased emphasis on protein variety is recognized with a name change to Protein Foods.

Nutrients of Concern

- Shortfall nutrients include potassium, dietary fiber, calcium and vitamin D due to inadequate intake of vegetables, fruits, whole grains, milk and milk products, and seafood.
- Vitamin D can be supplied by fortified foods such as fluid milk and some yogurts and breakfast cereals, certain fish, egg yolks, and dietary supplements.

Change from 2005:

Nutrients of concern for the general population reflect inadequate intake of key food sources rather than individual nutrients.

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This handout was brought to you by General Mills Bell Institute of Health and Nutrition. The 2010 Dietary Guidelines includes a "Call to Action" that encourages partnerships with food producers to increase access to affordable, nutritious foods. General Mills is proud to support this effort as it continues its commitment to nourish lives.

Bell Institute of
Health and Nutrition
.....
GENERAL MILLS



Sodium Matching Game

Match the picture on the left with the amount of sodium for one serving from the right column



Ketchup

290 mg



Pickle

920 mg



Vinegar

328 mg



Ranch dressing

55 mg



Salsa

390 mg



Mustard

833 mg



Soy Sauce

0 mg



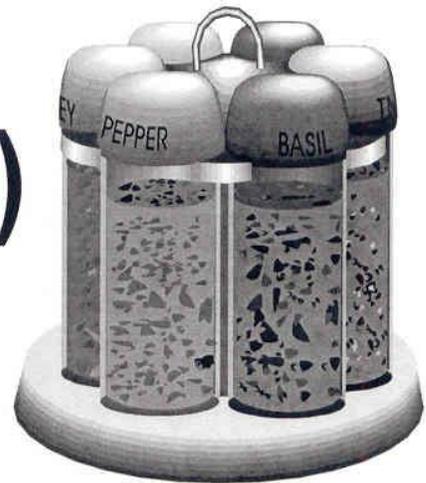
BBQ Sauce

320 mg

Add a Little SPICE (& HERBS) to Your Life!



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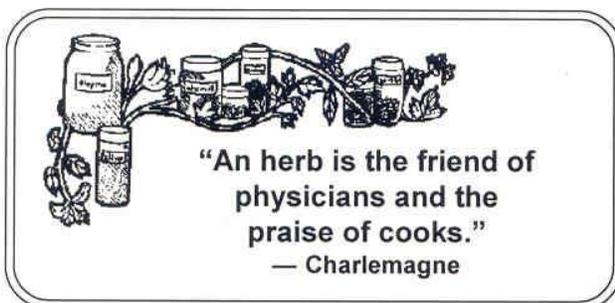


Spices and herbs have been used in foods for centuries. Archeologists estimate that by 50,000 B.C. primitive man had discovered that parts of certain aromatic plants help make food taste better, according to the American Spice Trade Association (ASTA).

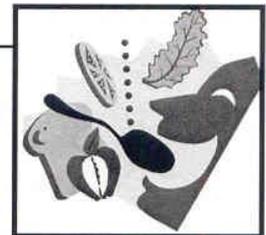
Spices were once so costly only the wealthy could afford them. In 11th Century Europe, many towns paid their taxes and rents in pepper. The reason for Columbus' voyage in 1492 was to seek a more direct passage to the rich spices of the Orient.

What's the difference between a spice and an herb? Here are definitions of various seasonings from Ann A. Hertzler, PhD, RD, "Herbs and Spices," Virginia Cooperative Extension:

- **Herbs** are leaves of low-growing shrubs. Examples are parsley, chives, marjoram, thyme, basil, caraway, dill, oregano, rosemary, savory, sage and celery leaves. These can be used fresh or dried. Dried forms may be whole, crushed, or ground.
- **Spices** come from the bark (cinnamon), root (ginger, onion, garlic), buds (cloves, saffron), seeds (yellow mustard, poppy, sesame), berry (black pepper), or the fruit (allspice, paprika) of tropical plants and trees.
- Many **dehydrated vegetable seasonings** are available. These include onion, garlic ... and shallots.
- **Seasoning blends** are mixtures of **spices** and **herbs**.



Fat, Sugar And Salt Reduction Tips



Spices and herbs can help retain flavor in your foods while cutting back on dietary fat, sugar and sodium/salt.

Reducing Fat. "... removing a tablespoon of fat removes about 10 grams of fat and 100 calories — *an amount which could represent a 10 pound weight loss in a year.* The calories in herbs and spices are far less than in breadings, batters, gravies, sauces and fried foods," according to Hertzler.

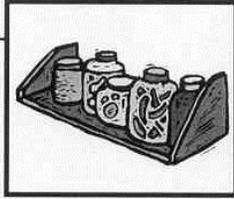
Reducing Sugar. Reduce or eliminate sugar by using these sweet-tasting spices recommended by Hertzler:

- Allspice
- Anise
- Cardamom
- Cinnamon
- Cloves
- Ginger
- Mace
- Nutmeg

Reducing Salt. Here are some tips when using spices and herbs to help you reduce the salt in foods:

- Savory flavors, and flavors with "bite," such as black pepper, garlic powder, curry powder, cumin, dill seeds, basil, ginger, coriander and onion, are the most effective in replacing the taste of salt, according to ASTA.
- Omit the salt when cooking pasta and flavor with basil, oregano, parsley and pepper or use an Italian seasoning blend.
- Use *powdered* garlic and onion rather than their *salt* form. Use half as much of the powdered form.
- Check labels to see if "salt" or "sodium" are listed among the ingredients.

Flavor And Food Combinations



The following flavor and food combinations, adapted from information provided by the National Heart, Lung and Blood Institute (www.nhlbi.nih.gov), have the added benefit of making meat, poultry, fish and vegetables tasty without adding salt.

For **meat, poultry and fish**, try one or more of these combinations:

- **Beef:** Bay leaf, marjoram, nutmeg, onion, pepper, sage, thyme
- **Lamb:** Curry powder, garlic, rosemary, mint
- **Pork:** Garlic, onion, sage, pepper, oregano
- **Veal:** Bay leaf, curry powder, ginger, marjoram, oregano
- **Chicken:** Ginger, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, thyme
- **Fish:** Curry powder, dill, dry mustard, marjoram, paprika, pepper

For **vegetables**, experiment with one or more of these combinations:

- **Carrots:** Cinnamon, cloves, dill, ginger, marjoram, nutmeg, rosemary, sage
- **Corn:** Cumin, curry powder, onion, paprika, parsley
- **Green Beans:** Dill, curry powder, marjoram, oregano, tarragon, thyme
- **Greens:** Onion, pepper
- **Potatoes:** Dill, garlic, onion, paprika, parsley, sage
- **Summer Squash:** Cloves, curry powder, marjoram, nutmeg, rosemary, sage
- **Winter Squash:** Cinnamon, ginger, nutmeg, onion
- **Tomatoes:** Basil, bay leaf, dill, marjoram, onion, oregano, parsley, pepper

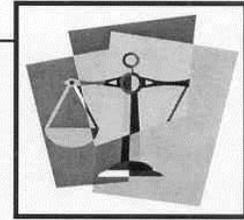
The flavor of certain spices and herbs has been associated with different cultures, for example:

- Oregano with Italian cooking
- Cilantro with Mexican cooking
- Ginger with Chinese cooking
- Marjoram with French cooking



"Pepper is small in quantity and great in virtue."
— Plato

Common Substitutions



When you don't have a spice or herb blend called for in your recipe, try these combinations of spices and herbs as a substitution:

For each 1 teaspoon of **apple pie spice**, substitute a *combination* of:

- 1 teaspoon cinnamon
- 1/8 teaspoon nutmeg

For each 1 teaspoon of **pumpkin pie spice**, substitute a *combination* of these **ground spices**:

- 1 teaspoon cinnamon
- 1/4 teaspoon ginger
- 1/8 teaspoon nutmeg
- 1/8 teaspoon allspice

For each 1-1/2 teaspoon of **Italian seasoning**, substitute a *combination* of:

- 1/4 teaspoon *each* of crumbled dried ...
 - oregano leaves
 - marjoram leaves
 - basil leaves
- 1/8 teaspoon rubbed sage

For each 1 teaspoon of **poultry seasoning**, substitute a *combination* of:

- 3/4 teaspoon ground sage
- 1/4 teaspoon ground thyme

When substituting, you'll often be more successful substituting fresh herbs for dried herbs, rather than the other way around. For example, think potato salad with fresh vs. dried parsley!

FASCINATING FLAVOR FACT



The reason for Columbus' voyage in 1492 was to seek a more direct passage to the rich spices of the Orient.

General Rules for Amounts



If possible, start with a tested recipe from a reliable source.

If you're creating your own recipe, begin with trying one or two spices or herbs. The amount to add varies with the type of spice or herb, type of recipe and personal preference.

Substituting Equivalent Amounts of Different Forms.

What if your recipe calls for fresh herbs and all you have are dried? Here are some approximate amounts of different forms of herbs equivalent to each other:

- 1 tablespoon finely cut fresh herbs
- 1 teaspoon crumbled dried herbs
- 1/4 to 1/2 teaspoon ground dried herbs

General Rules for Amounts. If you don't know how much of a spice or herb to use, follow these recommendations from SpiceAdvice® at <http://spiceadvice.com> — *remember to use more herbs if using a fresh or crumbled dried form:*

- Begin with 1/4 teaspoon of most ground spices or ground dried herbs for these amounts and adjust as needed:
 - 4 servings;
 - 1 pound of meat;
 - 1 pint (2 cups of soup or sauce).
- Start with 1/8 teaspoon for cayenne pepper and garlic powder; adjust as needed.
- Red pepper intensifies in flavor during cooking; add in small increments.

Doubling a Recipe. When doubling a recipe:

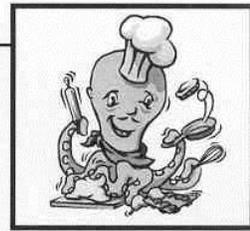
- 1) DO NOT double spices and herbs.
- 2) Increase amounts by 1-1/2 times.
- 3) Taste, add more if needed.

FASCINATING FLAVOR FACT



“Cilantro” refers to the leaf of the coriander plant while “coriander” refers to a spice made from the seed of the same plant. “Cilantro” and “coriander” are not interchangeable in recipes.

When to Add Spices & Herbs



The type of herb and the type of food for which it is used influence the time to add it during food preparation:

Adding FRESH herbs during cooking. As a general rule, add fresh herbs near the end of the cooking time or just before serving as prolonged heating can cause flavor and aroma losses.

- Add the more delicate fresh herbs — basil, chives, cilantro, dill leaves, parsley, marjoram and mint — a minute or two before the end of cooking or sprinkle them on the food before it's served.
- The less delicate fresh herbs, such as dill seeds, oregano, rosemary, tarragon and thyme, can be added about the last 20 minutes of cooking.
- For some foods, such as breads, batters, etc., you'll need to add fresh herbs at the beginning of the cooking process.

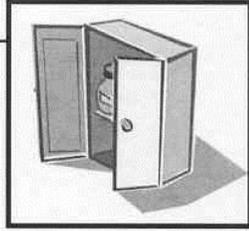
Adding DRIED herbs and spices during cooking.

Follow these tips and techniques for best taste when adding dried spices and herbs during cooking.

- **Whole** dried spices and herbs (such as whole allspice and bay leaves):
 - Release their flavors slower than crumbled or ground ones.
 - Are ideal for dishes cooking an hour or more, such as soups and stews.
- **Ground** dried spices and herbs:
 - Release their flavor quickly.
 - May taste best in shorter-cooker recipes or added nearer the end of longer-cooking ones.
- **Crumbled** dried herbs may differ:
 - Milder herbs (such as basil) may flavor best added toward the end of cooking.
 - More robust herbs (such as thyme) can stand longer cooking periods.
- Freshly grinding spices (such as black pepper and nutmeg) provides more flavor than buying them already ground. This also applies to using them in uncooked foods.
- Secure whole spices, such as cloves, in a tea ball for easy removal at the end of cooking.
- Warning: Remove bay leaves at the end of cooking. They can be a choking hazard if left in foods and can cause harmful cuts and scratches in your throat and esophagus.

UNCOOKED foods. For uncooked foods, add both fresh and dried spices and herbs several hours before serving to allow flavors to blend.

Storing Spices And Herbs



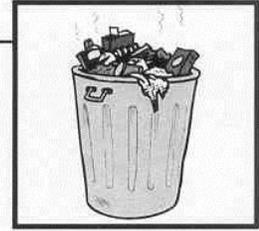
Use the following guidelines for storing your spices and herbs to maintain maximum quality. To prevent flavor and color loss, avoid moisture, light, heat and air.

- Store in tightly covered containers.
- Store in a dark place away from sunlight, such as inside a cupboard or drawer.
- Avoid storage above the dishwasher, microwave, stove or refrigerator, or near a sink or heating vent.
- If storing in an open spice rack, store in a site away from heat, light and moisture.
- Avoid sprinkling dried spices and herbs directly from container into a steaming pot to prevent moisture from entering the container.
- Use a dry spoon to measure spices and herbs from a container.
- Keep these points in mind regarding refrigerator/freezer storage:
 - Refrigerate paprika, chili powder and red pepper for best color retention, especially in summer or hotter climates.
 - Spices and herbs can get wet if condensation forms when a cold container from a refrigerator or freezer is left open in a humid kitchen.



“Spice a dish with love and it pleases every palate.”
—Plautus

How Long To Keep Spices And Herbs



Here are some guidelines to help you determine when it's time to toss your spices and herbs.

- As general rule, keep:
 - 1 year for herbs or ground spices.
 - 2 years for whole spices.
- Buy a smaller container until you determine how fast you'll use a particular spice or herb.
- If a spice or herb smells strong and flavorful, it's probably still potent.
 - Check an herb or a ground spice by rubbing a small amount in your hand. If the aroma is fresh, rich and immediate, it can still flavor foods.
 - Check a whole spice — such as a clove or cinnamon stick — by breaking, crushing or scraping it before smelling it.
 - Avoid smelling pepper or chili powder as they can irritate your nose.
- Initial quality will influence shelf life.
- Label date of purchase on container with a permanent marking pen.

FOR MORE INFORMATION

Check the following Web sites for more information and recipes using spices and herbs.

American Spice Trade Association, www.astaspice.org

SpiceAdvice, www.spiceadvice.com

Penzeys Spices, www.penzeys.com

McCormick, www.mccormick.com

No endorsement of products is intended nor is criticism implied of products not mentioned.



Spices

Spices are prepared from the roots, buds, flowers, fruits, bark, or seeds of plants. The chart shows some of the basic information about spices.

Name	Form	Taste	Uses
Allspice	Whole berries, ground	The aroma suggests a blend of cloves, cinnamon, and nutmeg; sweet flavor	Fruit cakes, pies, relishes, preserves, sweet yellow vegetables (example sweet potatoes), and tomatoes
Cardamom seed	Whole, ground	Mild, pleasant, sweet ginger-like flavor	Baked goods, apple and pumpkin pies; an important ingredient in curry
Cinnamon	Whole sticks, ground	Warm, spicy sweet flavor	Cakes, buns, breads, cookies, and pies
Cloves	Whole, ground	Hot, spicy, sweet, penetrating flavor	Whole cloves for baking hams and other pork, pickling fruits, and in stews and meat gravies; ground cloves in baked goods and desserts and to enhance the flavor of sweet vegetables- examples beets, sweet potatoes, and winter squash
Ginger	Fresh, whole, cracked, ground	Aromatic, sweet, spicy, penetrating flavor	Baked goods and rubbed on meat, poultry, and fish; in stir-fry dishes
Mace	Ground	Strong nutmeg flavor	The thin red network surrounding the nutmeg fruit; used in baked goods where a color lighter than nutmeg is desirable
Mustard	Whole seeds, powdered, prepared	Sharp, hot, very pungent	Meats, poultry, fish, sauces, salad dressings, cheese and egg dishes; whole seeds in pickling and boiled beets, cabbage, or sauerkraut
Nutmeg	Whole, ground	Spicy, pleasant flavor	Seed of the nutmeg fruit for baked goods, puddings, sauces, vegetables; in spice blends for processed meats; mixed with butter for corn on cob, spinach, and candied sweet potatoes
Paprika	Ground	Sweet, mild, or pungent flavor	A garnish spice, gives an appealing appearance to a wide variety of dishes; used in the production of processed meats such as sausage, salad dressings, and other prepared foods
Peppercorns: black, white, red, and pink	Whole, ground, coarse ground	Hot, biting, very pungent	Many uses in a wide variety of foods; white pepper ideal in light colored foods where dark specks might not be attractive
Red pepper (Cayenne)	Ground, crushed	Hot, pungent flavor	Meats and sauces





Herbs

Herbs come from the leaf or soft portions of plants.

Name	Form	Taste	Uses
Anise seed	Seeds	Sweet licorice flavor	Cookies, cakes, fruit mixtures, chicken
Basil	Fresh, dried chopped leaves	Mint licorice-like flavor	Pizza, spaghetti sauce, tomato dishes, vegetable soups, meat pies, peas, zucchini, green beans
Bay leaves	Whole, ground	Flavor distinctly different from celery	Fish, soups, tomato juice, potato salad dressing
Caraway seed	Whole	Sharp and pungent	Baked goods such as rye bread, cheeses, sauerkraut dishes, soups, meats, stews
Celery seed	Whole, ground	Flavor distinctly different from celery	Fish, soups, tomato juice, potato salad
Chives	Fresh, freeze dried	In the onion family; delicate flavor	Baked potato topping, all cooked green vegetables, green salads, cream sauces, cheese dishes
Coriander seed	Whole, ground	Pleasant, lemon orange flavor	Ingredient in curry, ground form used in pastries, buns, cookies, and cakes; in processed foods such as frankfurters
Cilantro	Fresh, dried	Sweet aroma, mildly peppery	Ingredient in Mexican foods
Cumin	Whole seeds, ground	Warm, distinctive, salty-sweet, resembles caraway	Ingredient in chili powder and curry powder; German cooks add to pork and sauerkraut and Dutch add to cheese
Dill	Fresh, dried, seeds	Aromatic, like caraway but milder and sweeter	Dill pickles; seeds in meats, sauces, salads, coleslaw, potato salad, and cooked macaroni; dill weed in salads, sandwiches, and uncooked mixtures
Fennel seed	Whole	Flavor similar to anise, pleasant sweet licorice	Breads, rolls, apple pies, seafood, pork and poultry dishes; provides the distinctive flavor to Italian sausage
Marjoram	Fresh, dried whole or ground	Faintly sage like, slight mint aftertaste, delicate	Vegetables, one of the ingredients in poultry and Italian seasoning; processed foods such as bologna
Mint	Fresh leaves or dried flakes	Strong and sweet with a cool aftertaste	Peppermint is the most common variety; popular flavor for candies and frozen desserts; many fruits, peas and carrots
Oregano	Fresh, dried leaves, ground	More pungent than marjoram, reminiscent of thyme	Pizza, other meat dishes, cheese and egg dishes; vegetables such as tomatoes, zucchini, or green beans; an ingredient in chili powder



Herbs, *continued*

Name	Form	Taste	Uses
Parsley	Fresh, dried flakes	Sweet, mildly spicy, refreshing	A wide variety of cooked foods, salad dressings, and sandwich spreads
Poppy seed	Whole, crushed	Nut flavor	Whole as a topping for rolls, breads, cakes, cookie, and pastries; crushed in fillings for pastries; over noodles and pasta or rice; in vegetables such as green beans
Rosemary	Fresh, whole leaves	Refreshing, pine, resinous, pungent	Chicken dishes and vegetables such as eggplant, turnips, cauliflower, green beans, beets, and summer squash; enhances the flavor of citrus fruits
Sage	Whole, rubbed, ground	Pungent, warm, astringent	Meats, poultry stuffing, salad dressings; cheese; a main ingredient in poultry seasoning blend; an ingredient in a wide variety of commercial meat products
Savory	Fresh, dried whole or ground	Warm, aromatic, resinous, delicate sage flavor	Beans, meats, soups, salads, sauces; an ingredient in poultry seasoning blend
Sesame seed	Whole	Toasted nut flavor	Rolls, bread, and buns
Tarragon	Fresh, dried leaves	An aroma with a hint of anise; licorice flavor, pleasant, slightly bitter	Vinegar, salad dressings, chicken, tartar sauce, and egg salad
Thyme	Fresh, dried whole or ground	Strong, pleasant, pungent clove flavor	New England clam chowder, Creole seafood dishes, midwest poultry stuffing; blended with butter is good over green beans, eggplant, and tomatoes
Turmeric (Tumeric)	Dried, powder	Aromatic, warm, mild	Prepared mustards; a main ingredient in curry powder; chicken and seafood dishes, rice, creamed or mashed potatoes, macaroni; salad dressing for a seafood salad; in melted butter for corn on the cob



Indoor Herb Garden

Take a bite out of science! Kids love food and teaching them about the ingredients of their favorite snacks is a great way to introduce simple science concepts. Whether it's pizza, pasta or iced tea, your child's top snack choices are bound to contain herbs that are easy to grow. By growing a mini herb garden even your kindergartner will understand what it takes to grow a plant...and make flavorful food!

What You Need:

- Small pots of herbs such as oregano, basil, mint, rosemary or tarragon.
- A medium-sized planter or a wooden planter box (big enough to hold three small herbs)
- Soil
- Three plastic forks
- Card stock or poster board
- Pens



What To Do:

1. Take your child with you to the nursery (or home garden center) to pick out different herbs for her herb garden. Talk to her about her favorite dishes and which herbs are used in them. If she likes Italian food you're in luck -- lots of easy-to-grow herbs like basil and oregano are used in those dishes.
2. Get your hands dirty. One of the best parts of gardening is playing in the dirt. Have your child place a good amount of soil in your planter. Now re-plant the herbs you purchased and make sure there's enough space between each plant (five inches).
3. Have your child water the plants so they are firmly in their new planter. Talk her about how often the plants will need to be watered. (You can ask the person at the nursery for this information!)
4. Now label each plant so your child can practice reading their names. Have her cut out small cardboard place cards from the card stock or poster board. They should be no more than four inches wide and two inches tall.
5. Help your child write the name of the herb on each card.
6. Stick the card in the tongs of a plastic fork and place the fork, stem side down, into the soil next to each herb.
7. Voila! Your mini-herb garden, complete with homemade plant markers, is ready to grow!
8. Place it in an area where it will get plenty of sun. (This is the perfect time to talk about what plants need to grow: sun and water.)
9. Don't forget to eat! Use the herbs your child grows in their favorite dishes. Recipes with herbs are easily found in cookbooks or on the Internet. Have your child cut or pinch off the herbs you cook with.

Continue the learning: When you're eating new foods or dining in a restaurant, ask your child if she can taste any familiar herbs. What herbs are in this dish? Is it one she can grow?

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http://www.education.com/activity/article/Plant_mini_herb_garden/

Menu Modification Worksheet

NUTRITION SERVICES BRANCH

Combo School Breakfast & Lunch Menu



<p>♦ May contain pork</p> <p>An 8 oz variety of milk is offered with all meals.</p>	<p>● 6TH, 7TH, & 8TH GRADES ONLY (OMIT FOR GRADES K-5TH)</p>		<p>** In addition to featured cereal, non-sugared cereal will also be available.</p>	<p>In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.</p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">February is Heart Month</p> <p>Eating breakfast daily helps children and adults achieve a healthy weight. Healthy Weight = Healthy Heart</p> <p>A heart healthy breakfast at school is the best way to start the day!</p> <div style="display: flex; justify-content: space-between; align-items: center;"> <ul style="list-style-type: none"> ♥ Choose a hot breakfast, whole grain cereal or low-fat yogurt ♥ Add a serving of fruit ♥ Add low or non-fat milk </div>		<p style="text-align: center;">FEBRUARY 1</p> <p style="text-align: center;"><i>Breakfast</i></p> <p>KIX CEREAL** OR CINNAMON ROLL W/ICING & STRING CHEESE, DICED PEARS, ORANGE JUICE (4 OZ)</p> <p style="text-align: center;"><i>Lunch</i></p> <p>TINCHER TACOS OR CHICKEN TENDERS SHREDDED LETTUCE WHOLE KERNEL CORN BANANA WHOLE GRAIN ROLL</p>	<p style="text-align: center;">FEBRUARY 2</p> <p style="text-align: center;"><i>Breakfast</i></p> <p>REDUCED SUGAR CINNAMON TOAST CRUNCH CEREAL** OR WHOLE GRAIN FRENCH TOAST STICKS W/SYRUP & STRING CHEESE, APPLESAUCE, ORANGE JUICE (4 OZ)</p> <p style="text-align: center;"><i>Lunch</i></p> <p>ITALIAN MEAT SAUCE W/CHEESE-FILLED BREADSTICK OR CORN DOG, CARROTS W/RANCH DRESSING, FRESH PEAR, APPLE CINNAMON CUP*</p>	<p style="text-align: center;">FEBRUARY 3</p> <p style="text-align: center;"><i>Breakfast</i></p> <p>VARIETY CEREAL** OR BEEF & BEAN BURRITO, VARIETY FRUIT, JUNGLE CRACKERS, VARIETY JUICE (4 OZ)</p> <p style="text-align: center;"><i>Lunch</i></p> <p>WHOLE GRAIN CHEESE PIZZA OR WHOLE WHEAT PEPPERONI PIZZA♦, TOSSED SALAD W/RANCH DRESSING, VARIETY FRUIT, STRAWBERRY CUP, VARIETY ROLL/CRACKERS*</p>
<p style="text-align: center;">February 6</p> <p style="text-align: center;"><i>Breakfast</i></p> <p>REDUCED SUGAR FRUIT LOOPS CEREAL** OR MANAGER'S CHOICE, MIXED FRUIT, GOLDEN SPICE BREAD, APPLE JUICE (4 OZ)</p> <p style="text-align: center;"><i>Lunch</i></p> <p>TERIYAKI MEATBALLS W/RICE OR MANAGER'S CHOICE PEAS APPLE SLICES GRAHAM CRACKERS</p>	<p style="text-align: center;">February 7</p> <p style="text-align: center;"><i>Breakfast</i></p> <p>REDUCED SUGAR CINNAMON TOAST CRUNCH CEREAL** OR BREAKFAST SAUSAGE BAGEL, DICED PEARS, GRAHAM CRACKERS, ORANGE JUICE (4 OZ)</p> <p style="text-align: center;"><i>Lunch</i></p> <p>CHICKEN NUGGETS OR BEAN & CHEESE TOSTADA, SHREDDED LETTUCE, WHOLE KERNEL CORN, FRESH ORANGE, MIXED FRUIT CUP, HAWAIIAN ROLL*</p>	<p style="text-align: center;">February 8</p> <p style="text-align: center;"><i>Breakfast</i></p> <p>CHOCOLATE MINI WHEATS CEREAL** OR CINNAMON ROLL W/ICING, APPLESAUCE, ORANGE JUICE (4 OZ)</p> <p style="text-align: center;"><i>Lunch</i></p> <p>TURKEY & GRAVY OR GRILLED CHEESE SANDWICH, MASHED POTATOES W/GRAVY, BANANA, CHOCOLATE PUDDING, WHOLE GRAIN ROLL</p>	<p style="text-align: center;">February 9</p> <p style="text-align: center;"><i>Breakfast</i></p> <p>HONEY NUT CHEERIOS CEREAL** OR WHOLE GRAIN PANCAKES W/SYRUP & EGG PATTY, DICED PEACHES, ORANGE JUICE (4 OZ)</p> <p style="text-align: center;"><i>Lunch</i></p> <p>CHILI CHEESE W/POTATO WEDGES OR HAMBURGER ON WHEAT BUN, MIXED VEGETABLES, SHREDDED LETTUCE W/PICKLES, FRESH PEAR, HONEY BEAR CRACKERS*</p>	<p style="text-align: center;">February 10</p> <p style="text-align: center;"><i>Breakfast</i></p> <p>VARIETY CEREAL** OR BEAN & CHEESE BURRITO, VARIETY FRUIT, JUNGLE CRACKERS, VARIETY JUICE (4 OZ)</p> <p style="text-align: center;"><i>Lunch</i></p> <p>GALAXY PEPPERONI PIZZA♦ OR GALAXY CHEESE PIZZA, CARROTS W/RANCH DRESSING, VARIETY FRUIT, APPLE CINNAMON CUP, CHOCOLATE CRACKERS*</p>
<p>FRUITED YOGURT (Featured Daily for Breakfast and Lunch)</p> <p>CRUNCHY JUBILEE (Featured Daily for Breakfast Only)</p>				



NUTRITION SERVICES BRANCH

Combo School Breakfast & Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
February 13  LINCOLN HOLIDAY	February 14 VALENTINE'S DAY <i>Breakfast</i> HONEY NUT CHEERIOS CEREAL** OR BREAKFAST SAUSAGE PIZZA♦, DICED PEARS, APPLE JUICE (4 OZ) <i>Lunch</i> BREADED CHICKEN PATTY ON WHEAT BUN OR CHILI VERDE W/RICE & FLOUR TORTILLA, WHOLE KERNEL CORN, PEACH CUP, HONEY BEAR CRACKERS•	February 15 <i>Breakfast</i> FROSTED MINI WHEATS CEREAL** OR CINNAMON ROLL W/ICING, APPLESAUCE, ORANGE JUICE (4 OZ) <i>Lunch</i> ITALIAN MEAT SAUCE W/MEATBALLS & PASTA OR BEAN & CHEESE BURRITO, BREADSTICK, SPICY JICAMA STICKS, MIXED FRUIT, JUNGLE CRACKERS•	February 16 <i>Breakfast</i> KIX CEREAL** OR WHOLE GRAIN FRENCH TOAST STICKS W/SYRUP & SAUSAGE PATTY♦, MIXED FRUIT, BREAKFAST SPICE BREAD, ORANGE JUICE (4 OZ) <i>Lunch</i> CHICKEN FRIED STEAK ON WHEAT BUN OR CHICKEN TENDERS, MASHED POTATOES W/GRAVY, GREEN BEANS, FRESH PEAR, GRAHAM CRACKERS•	February 17 <i>Breakfast</i> VARIETY CEREAL** OR BEEF & BEAN BURRITO, VARIETY FRUIT, CINNAMON BEAR CRACKERS, VARIETY JUICE (4 OZ) <i>Lunch</i> WHOLE GRAIN CHEESE PIZZA OR WHOLE WHEAT PEPPERONI PIZZA♦, CARROTS W/RANCH DRESSING, VARIETY FRUIT, VARIETY ROLL/CRACKERS•
February 20  WASHINGTON HOLIDAY	February 21 <i>Breakfast</i> REDUCED SUGAR FRUIT LOOPS CEREAL** OR PIZZA BAGEL, PEACH CUP, GOLDEN SPICE BREAD, ORANGE JUICE (4 OZ) <i>Lunch</i> CHILI CHEESE NACHOS OR BEEF & BEAN BURRITO, WHOLE KERNEL CORN, STRAWBERRY CUP, VANILLA PUDDING W/SPRINKLES	February 22 <i>Breakfast</i> REDUCED SUGAR COCOA PUFFS CEREAL** OR CINNAMON ROLL W/ICING, DICED PEARS, ORANGE JUICE (4 OZ) <i>Lunch</i> HOT DOG♦ ON WHEAT BUN OR BEEF TERIYAKI BOWL W/RICE, CARROTS W/RANCH DRESSING, APPLESAUCE, APRICOT CUP•, HAWAIIAN ROLL	February 23 <i>Breakfast</i> HONEY NUT CHEERIOS CEREAL** OR WHOLE GRAIN BISCUIT W/SAUSAGE PATTY♦, MIXED FRUIT, ORANGE JUICE (4 OZ) <i>Lunch</i> CHICKEN NUGGETS OR HAMBURGER ON WHEAT BUN, SHREDDED LETTUCE W/PICKLES, POTATO WEDGES, FRESH PEAR, GRAHAM CRACKERS•	February 24 <i>Breakfast</i> VARIETY CEREAL** OR BEAN & CHEESE BURRITO, VARIETY FRUIT, JUNGLE CRACKERS, VARIETY JUICE (4 OZ) <i>Lunch</i> GALAXY PEPPERONI PIZZA♦ OR GALAXY CHEESE PIZZA TOSSED SALAD W/RANCH DRESSING VARIETY FRUIT HONEY BEAR CRACKERS•
February 27 <i>Breakfast</i> REDUCED SUGAR COCOA PUFFS CEREAL** OR BELGIAN WAFFLES W/SYRUP & SAUSAGE PATTY♦, DICED PEACHES, APPLE JUICE (4 OZ) <i>Lunch</i> GRILLED CHEESE SANDWICH OR RIB-B-QUE SANDWICH♦ W/BBQ SAUCE, POTATO ROUNDS•, COLESLAW, APPLE SLICES, JUNGLE CRACKERS	February 28 <i>Breakfast</i> FROSTED MINI WHEATS CEREAL** OR BREAKFAST SAUSAGE PIZZA♦, MIXED FRUIT, BREAKFAST SPICE BREAD, ORANGE JUICE (4 OZ) <i>Lunch</i> BEAN & CHEESE BURRITO OR ROASTED CHICKEN W/BBQ SAUCE, FIESTA SALAD, FRESH ORANGE, HAWAIIAN ROLL, CHOCOLATE CAKE W/TOPPING	February 29 <i>Breakfast</i> KIX CEREAL** OR CINNAMON ROLL W/ICING, DICED PEARS, ORANGE JUICE (4 OZ) <i>Lunch</i> TINCHER TACOS OR CHICKEN TENDERS SHREDDED LETTUCE GREEN BEANS BANANA WHOLE GRAIN ROLL•		
MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE.				
For further information, consult the Internet at				



Low Sodium Checklist

Reduce Sodium in Entree

- Replace salt in shakers with Mrs. Dash or other sodium free herb/spice blend.
- Limit cheese to ½ -1 oz per serving and not more than 1- 2 oz per week for grades K-6 and 2-3 oz per week for grade 7-12.
- Control portion sizes of cheese by placing in portion cups and limiting the number of portion cups allowed per meal.
- Set a sodium limit on entrées/day.
- Over a week, aim for an average of 750 mg of sodium or less from the entrée.
- Eliminate offering students “seconds” or large portions of high sodium items.
- Exchange high sodium canned items with low sodium alternatives.
- Exchange high sodium sauces, soups, and seasoning with low sodium alternatives/recipes.

Reduce Sodium in Side Dishes/Breads/Desserts

- Eliminate offering students “seconds” of high sodium sides such as baked/pre-fried items or pre-packaged side dishes and desserts.
- Discontinue adding cheese sauce to vegetables or entrees.
- Limit high sodium crackers, bread products, and dessert to no more than once a week.
- Offer more fresh fruit and vegetables as side dishes.
- Use breads more fresh baked bread products versus frozen or boxed.
- Limit or decrease the frequency of service of high sodium extras such as snack chips, bacon, etc.

Reduce Sodium in Condiments & Salad Bars

- Limit the serving high sodium salad dressings (ie ranch) with pre-portioned packets, or make your own dressing using a low sodium recipe.
- Limit margarine to 1 portion per meal and not more than 2 days per week.
- Offer jelly in place of margarine.
-
- Make the salad bar a great source of vegetables and fruits and eliminate the high sodium extras such as sunflower seeds, bacon bits, pepperoni and pre-made salads.
- Limit the cheese on the salad bar meals to not more than 1 oz per serving.
- If students are allowed “seconds”, offer only fresh fruits and vegetables.
- Eliminate high sodium extras such as regular snack chips, crackers, bacon, etc. If offered, do not exceed 1 or 2 times per month or find low sodium alternative.

Lab Product Taste Test

Item Name: **Spaghetti & Meat Sauce - Regular**

	Poor				Excellent
Taste	1	2	3	4	5
Appearance	1	2	3	4	5
Probable Student Acceptance	1	2	3	4	5
Ease of Preparation	1	2	3	4	5

Will you prepare this product? Yes _____ No _____ Uncertain _____

Item Name: **Spaghetti & Meat Sauce - Low Sodium**

	Poor				Excellent
Taste	1	2	3	4	5
Appearance	1	2	3	4	5
Probable Student Acceptance	1	2	3	4	5
Ease of Preparation	1	2	3	4	5

Will you prepare this product? Yes _____ No _____ Uncertain _____

Item Name: **Taco meat - Regular**

	Poor				Excellent
Taste	1	2	3	4	5
Appearance	1	2	3	4	5
Probable Student Acceptance	1	2	3	4	5
Ease of Preparation	1	2	3	4	5

Will you prepare this product? Yes _____ No _____ Uncertain _____

Item Name: **Taco Meat - Low Sodium**

	Poor				Excellent
Taste	1	2	3	4	5
Appearance	1	2	3	4	5
Probable Student Acceptance	1	2	3	4	5
Ease of Preparation	1	2	3	4	5

Will you prepare this product? Yes _____ No _____ Uncertain _____

Item Name: **Fruit & Oatmeal Bar - Regular**

	Poor				Excellent
Taste	1	2	3	4	5
Appearance	1	2	3	4	5
Probable Student Acceptance	1	2	3	4	5
Ease of Preparation	1	2	3	4	5

Will you prepare this product? Yes _____ No _____ Uncertain _____

Item Name: **Fruit & Oatmeal Bar - Low Sodium**

	Poor				Excellent
Taste	1	2	3	4	5
Appearance	1	2	3	4	5
Probable Student Acceptance	1	2	3	4	5
Ease of Preparation	1	2	3	4	5

Will you prepare this product? Yes _____ No _____ Uncertain _____

Item Name: **Ranch Dip - Regular**

	Poor				Excellent
Taste	1	2	3	4	5
Appearance	1	2	3	4	5
Probable Student Acceptance	1	2	3	4	5
Ease of Preparation	1	2	3	4	5

Will you prepare this product? Yes _____ No _____ Uncertain _____

Item Name: **Ranch Dip - Low Sodium**

	Poor				Excellent
Taste	1	2	3	4	5
Appearance	1	2	3	4	5
Probable Student Acceptance	1	2	3	4	5
Ease of Preparation	1	2	3	4	5

Will you prepare this product? Yes _____ No _____ Uncertain _____



Fact Sheet

Be Salt Savvy – Cut Back on Sodium for Healthier School Meals

KEY ISSUES:

- Too much salt and sodium are linked to high blood pressure. Reducing dietary sodium can lower blood pressure, which reduces the risk of heart disease, stroke and kidney disease.
- The 2005 Dietary Guidelines for Americans recommend that both adults and children get less than 2,300 mg of sodium (approximately one teaspoon of salt) per day. Many students eat nearly double the daily recommended amount!
- The typical school lunch contains more than 1,000 mg of sodium. Strive to offer school lunches with less than 800 mg of sodium.
- Cutting back on sodium in school meals can help students learn to enjoy foods for their natural tastes. Kicking the salt habit may provide health benefits for a lifetime.



Nearly all Americans consume more sodium than they need. Often we don't know how much sodium we are getting. Taste alone may not tell us which foods are high in sodium. Table salt (sodium chloride) isn't the only source of sodium. Look at ingredient lists for other sources, such as monosodium glutamate (MSG), baking soda, baking powder, disodium phosphate, sodium alginate, and sodium nitrate or nitrite.

Children's taste for salt is a learned habit. By gradually reducing the salt and sodium in school meals, students' tastes can change. Offer lower sodium versions of popular menu items and recipes at the beginning of a school year. Students may hardly notice the difference. Be "salt savvy" and help students enjoy the taste of the food instead of the salt!

Easy ways to follow the 2005 Dietary Guidelines for Americans

Recipe for Success

- **Read Nutrition Facts labels** to compare the sodium content for similar foods. Foods that are low in sodium contain less than 140 mg or 5% Daily Value (DV). Choose products with the lowest amount of sodium per serving.
- **Serve more fresh foods** and fewer processed foods. Most fresh fruits and vegetables are naturally low in sodium.
- **Talk to food vendors that offer low-sodium products.** Order lower sodium versions when purchasing popular processed foods.

Nutrition Facts	
Serving Size 1 slice (34g)	
Servings Per Container 108	
Amount Per Serving	
Calories 90	Calories from Fat 15
%Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	0%
Sugars 2g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet.	



USDA Commodity Food Program

USDA plans to offer new low-sodium canned vegetables through the USDA Commodity Food Program in School Year 2009. Schools can also order frozen vegetables as a lower sodium option. Check the list of available foods at: www.fns.usda.gov/fdd/programs/schcnp/.

- **Offer high-sodium foods less often.** Go easy on pre-prepared, processed entrees and side dishes, such as pizza, chicken nuggets, and hot dogs. Use grilled chicken breast instead of luncheon meat, bacon, sausage, or ham.
- **Modify recipes that use high-sodium ingredients** such as cheese sauces, canned soups, tomato sauce, paste, or spaghetti sauce, canned vegetables, chips, and taco shells. Use lower sodium versions or use less. Remove salt from recipes whenever possible. (Note: Do not leave out the salt when preparing baked goods because it could affect the baking process.)
- **Use fresh or dried herbs, spices, lemon or orange zest, or fruit juices** to jazz up the flavors in foods without adding sodium!

Messages for Students

- Be "salt savvy"- read the Nutrition Facts label and choose foods with less sodium.
- Try fruit or veggies with low-fat dip instead of salty snack foods.



Did You Know?

Most sodium (about 75 percent) in our diet comes from eating processed and prepared foods, such as canned vegetables, soups, luncheon meats, and frozen entrees. Food manufacturers use salt or other sodium-containing compounds to preserve food as well as to modify the taste and texture.

Some condiments such as soy sauce and ketchup can be high in sodium. Adding them - either while cooking or at the table - can raise the sodium content of the meal!

Sodium that naturally occurs in meat, poultry, dairy products, and vegetables, accounts for only about 10 percent of our salt intake.

For more information:

www.mypyramid.gov

www.fns.usda.gov/oane/MENU/Published/CNP/FILES/SNDIII-Vol2.pdf



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Food and Nutrition Service

At School.
At Home. Eating Out.

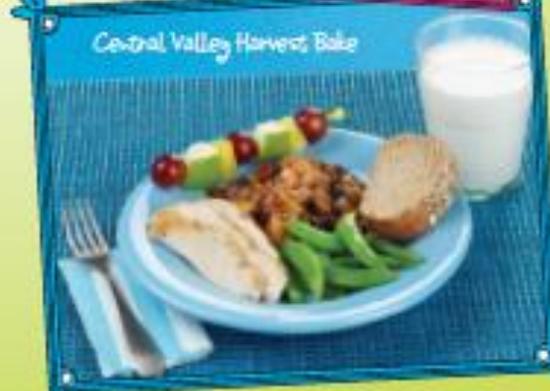
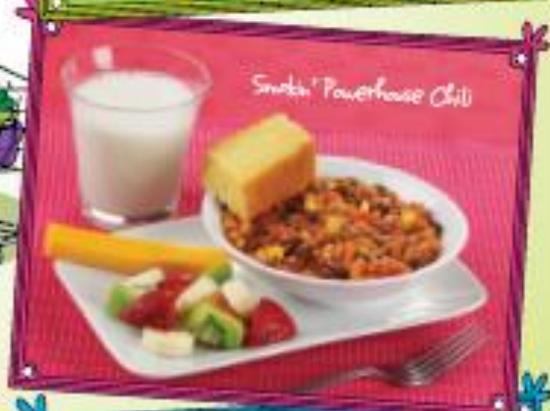
Make Half Your Plate Fruits & Vegetables



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10 tips

Nutrition Education Series

salt and sodium

10 tips to help you cut back



It's clear that Americans have a taste for salt, but salt plays a role in high blood pressure. Everyone, including kids, should reduce their sodium intake to less than 2,300 milligrams of sodium a day (about 1 teaspoon of salt). Adults age 51 and older, African Americans of any age, and individuals with high blood pressure, diabetes, or chronic kidney disease should further reduce their sodium intake to 1,500 mg a day.

1 think fresh

Most of the sodium Americans eat is found in processed foods. Eat highly processed foods less often and in smaller portions—especially cheesy foods, such as pizza; cured meats, such as bacon, sausage, hot dogs, and deli/luncheon meats; and ready-to-eat foods, like canned chili, ravioli, and soups. Fresh foods are generally lower in sodium.

2 enjoy home-prepared foods

Cook more often at home—where you are in control of what's in your food. Preparing your own foods allows you to limit the amount of salt in them.

3 fill up on veggies and fruits—they are naturally low in sodium

Eat plenty of vegetables and fruits—fresh or frozen. Eat a vegetable or fruit at every meal.

4 choose dairy and protein foods that are lower in sodium

Choose more fat-free or low-fat milk and yogurt in place of cheese, which is higher in sodium. Choose fresh beef, pork, poultry, and seafood, rather than those with salt added. Deli or luncheon meats, sausages, and canned products like corned beef are higher in sodium. Choose unsalted nuts and seeds.

5 adjust your taste buds

Cut back on salt little by little—and pay attention to the natural tastes of various foods. Your taste for salt will lessen over time.



6 skip the salt

Skip adding salt when cooking. Keep salt off the kitchen counter *and* the dinner table. Use spices, herbs, garlic, vinegar, or lemon juice to season foods or use no-salt seasoning mixes. Try black or red pepper, basil, curry, ginger, or rosemary.

7 read the label

Read the Nutrition Facts label and the ingredients statement to find packaged and canned foods lower in sodium. Look for foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

8 ask for low-sodium foods when you eat out

Restaurants may prepare lower sodium foods at your request and will serve sauces and salad dressings on the side so you can use less.

9 pay attention to condiments

Foods like soy sauce, ketchup, pickles, olives, salad dressings, and seasoning packets are high in sodium. Choose low-sodium soy sauce and ketchup. Have a carrot or celery stick instead of olives or pickles. Use only a sprinkling of flavoring packets instead of the entire packet.

10 boost your potassium intake

Choose foods with potassium, which may help to lower your blood pressure. Potassium is found in vegetables and fruits, such as potatoes, beet greens, tomato juice and sauce, sweet potatoes, beans (white, lima, kidney), and bananas. Other sources of potassium include yogurt, clams, halibut, orange juice, and milk.