Child Nutrition & Wellness
Kansas State Department of Education
Presents

Sodium Savvy

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:

- *Are You Salt Savvy?* Retrieved July 2009 from http://www.lowsaltfoods.com/health_center/quiz/dir_quiz.htm.
- *Cooking With Herbs and Spices (n.*d.). Retrieved July 2009, from http://www.permanente.net/homepage/kaiser/pdf/6108.pdf.
- Davita Mexican Seasoning. http://www.davita.com/recipes/.
- Henneman, Alice. (n.d.). *Add a Little Spice (&Herbs) to Your Life!*. Retrieved July, 2009, from http://lancaster.unl.edu/food/spice&herbshandout08.pdf.
- *IFIC Review: Sodium in Food and Health.* International Food Information Council. (2005). Retrieved July 2009 from http://www.ific.org/publications/reviews/sodiumir.cfm.
- *Step Up Menu Plan*. Illinois Nutrition Education Training Program. (2009). Retrieved July 2009 from http://www.kidseatwell.org/flyers/StepUpPlan.pdf.
- Taste of Home Salt Free Seasoning Blends. http://www.tasteofhome.com/Healthy/Special-Diets/Low-Sodium/Rub-the-Salt-Out.
- *The Scoop on Sodium*. American Heart Association, (n.d.). Retrieved July 2009 from http://www.americanheart.org/downloadable/heart/flash/sodium/quiz.html.

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* Sodium Savvy*
Participant Booklet
Table of Contents

Child Nutrition & Wellness
Kansas State Department of Education

Warm Up

1. Salt of the _____.
2. A _____ of salt.
3. _____ it with a _____ of salt.
4. When it rains it _____. (Hint: Morton Salt slogan)
5. _____ one's salt.
6. Salting a _____.
7. Pouring salt on a _____.

Objectives

By the end of this lesson, you will be able to:

- Understand the role that sodium plays in health.
- Identify sources of sodium in the diet.
- Reduce the amount of sodium in your own food intake.
- Reduce sodium in school meals.

The Scoop on Sodium Quiz

1. There is a direct relationship between sodium intake and blood pressure.

    a. True
    b. False

2. How much sodium does the body need daily?

    a. 1000 mg
    b. 2300 mg
    c. 200 mg
    d. None of the above

3. Most of the salt people consume is added at the table.

    a. True
    b. False

4. Healthy American adults should eat less than 2,300 mg of sodium per day. That is the equivalent of how much salt?

    a. ½ teaspoon
    b. 1 teaspoon
    c. 1 tablespoon
    d. None of the above

5. When reading food labels to count sodium content, baking soda should be counted toward the total.

    a. True
    b. False

6. Kosher salt and sea salt are low-sodium alternatives to table salt.

    a. True
    b. False

7. Which contains more sodium: 1 cup of canned tomato juice or 1 ounce of potato chips?

    a. Tomato juice
    b. Potato chips

8. Some over the counter and prescription medicines contain lots of sodium.

    a. True
    b. False

Food Labels

FDA defined phrases used in sodium labeling:

**Sodium Free: <5 mg sodium/serving*
**Very Low Sodium: ≤35 mg sodium/serving*
**Low Sodium: ≤140 mg sodium/serving*
**Low Sodium Meal: ≤ 140 mg sodium per 3 ½ oz.*
**Reduced Sodium: ≤25% reduction from usual sodium content*
**Unsalted or No Salt Added: no salt added to the product during processing*

Nutrition Facts

Serving Size 1 serving (140g)
Servings Per Container 1

Amount Per Serving

Calories 140	Calories from Fat 70	
		% Daily Value*
Total Fat 7g		11%
Saturated Fat 2.5g		13%
Trans Fat 0g		
Cholesterol 25mg		8%
Sodium 300mg		13%
Total Carbohydrate 9g		3%
Dietary Fiber 2g		8%
Sugars 3g		
Protein 8g		

Vitamin A 10%	•	Vitamin C 20%
Calcium 4%	•	Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Tomatoes; Chicken; Mushrooms; White Wine; Celery; Onions; Green Bell Pepper; Flour; Butter; Olive Oil; Salt; Black Pepper.

Nutrition Facts Panel*:* Scan the amount of sodium per serving and the percent Daily Value (DV). If the amount of sodium in one serving of food contains 5 percent or less of the DV for sodium, that is considered low. If it contains 20 percent or more DV, that is considered high. The DV, a reference value on food labels established by the Food and Drug Administration, is 2,400 milligrams per day.

Ingredient List: You can determine whether a food product contains added salt and examine the types of sodium-containing ingredients included, such as monosodium glutamate, baking soda, baking powder, disodium phosphate, sodium alginate, and sodium nitrite.

Sodium Savior: Taste Test Activity

Food Item	Serving Size	Sodium/Serving
Kellogg's Raisin Bran Cereal	1 cup / 2.1 oz.	
Goldfish Crackers	30 grams / 1.1 oz.	
Keebler Club Crackers	4 crackers / 14 grams / .5 oz.	
Ruffles Original Potato Chips	12 chips / 1 oz.	
Little Debbie Oatmeal Crème Pies	1 each / 75 grams / 2.67 oz.	

Possible Answers:

1. 100-140 mg/serving
2. 141-180 mg/serving
3. 181-220 mg/serving
4. 221-260 mg/serving
5. 261-300 mg/serving
6. 301 + mg/serving

Tips for Lowering Sodium in Your Diet

- Eat at home more often.
- Eat out less often.
- Incorporate more fresh and frozen vegetables.
- Eat more fruit.
- Rinse canned vegetables. This can decrease the sodium by up to 50%.
- Go easy on the salt shaker.
- Substitute lower sodium versions of convenience foods: Vegetable juice, soups, canned tomato products.
- Choose snack products with less than 140 mg sodium per serving.
- Serve high sodium condiments less often. Be aware of salad dressings, catsup, BBQ sauce, soy sauce, and mustard.
- Use condiments sparingly. Ask for high sodium condiments to be served on the side at restaurants.
- Ask for oil and vinegar on salads. Create your own vinaigrette or try a squeeze of lemon or lime.
- Experiment with no sodium seasoning blends and marinades like Mrs. Dash or create your own.
- Choose lower sodium store-bought bread. Read the food labels, you'll be surprised at how much sodium is in one slice of bread.
- Purchase corn tortillas over flour tortillas more often.

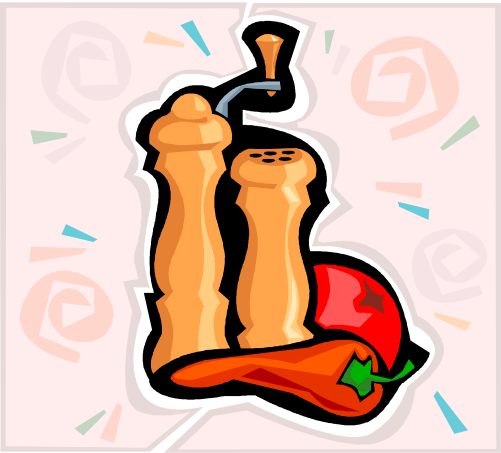
The Sodium Connection Activity

Sodium Level: _____

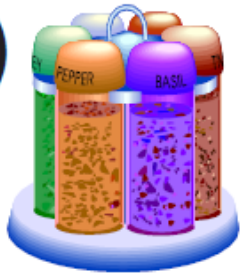
Write your menu items below:

Spices and Seasonings

Strong	Medium	Delicate
Bay	Basil	Chervil
Cardoman	Celery seed	Chives
Curry	Cumin	Parsley
Ginger	Dill	Burnett
Mustard	Fennel	
Pepper	Tarragon	
Rosemary	Garlic	
Sage	Margoram	
	Mint	
	Oregano	
	Savory	
	Thyme	
	Tumeric	
*1 tsp. per 6 servings	*1-2 tsp. per 6 servings	*May be used in large amounts



Add a Little Spice (& Herbs) to Your Life!



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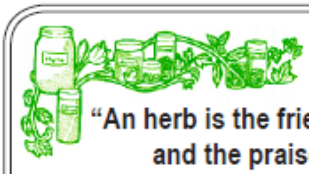
Spices and herbs have been used in foods for centuries. Archeologists estimate that by 50,000 B.C. primitive man had discovered that parts of certain aromatic plants help make food taste better, according to the American Spice Trade Association (ASTA).

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**.



"An herb is the friend of physicians and the praise of cooks."
— Charlemagne

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.

Know how. Know now.

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.

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.

"Spice a dish with love and it pleases every palate."

—Plautus

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.

Salt Free Recipes

Mexican Seasoning

2 tsp. chili powder
1-1/2 tsp. paprika
1-1/2 tsp. ground cumin
1 tsp. onion powder
½ tsp. garlic powder
Dash of cayenne pepper

Mix ingredients together.

Yield: Makes 8- 1 tsp. servings

Davita

Saltless Surprise

2 tsp. garlic powder
1 tsp. basil
1 tsp. oregano
1 tsp. powdered lemon rind
(ex: True Lemon brand)

Mix ingredients together.

Salt-Free Seasoning Mix

1 tsp. each: dried basil, marjoram, parsley flakes, thyme, and savory
1 Tbsp. garlic powder
1 tsp. onion powder
1 tsp. rubbed sage
1 tsp. ground mace
1 tsp. pepper
1/8 tsp. cayenne pepper

In a small bowl, crush the basil, marjoram, parsley, thyme and savory. Stir in the remaining ingredients. Store in an airtight container.

Yield: about ¼ cup

Taste of Home

Shake & Bake Coating Mix

1½ cups dry fine bread crumbs
1 cup AP flour
4 Tbsp. dried parsley
1 tablespoon paprika
2 tsp. onion powder
1 ½ tsp. garlic powder
1 tsp. black pepper
1 Tbsp. marjoram
1 Tbsp. thyme
3 Tbsp. vegetable oil

1. Combine bread crumbs, flour, parsley, paprika, onion powder, garlic powder, black pepper, marjoram and thyme. Stir to mix evenly.
2. Add oil to bread crumb mixture and stir with a fork to blend completely.
3. Store in airtight container in cool, dry place or store in freezer.
4. To use, place 1 cup coating mixture in a plastic bag. Add several pieces of chicken, pork chops or other meat and shake to coat.
5. Bake meat on a greased baking sheet at 375° F for turning once after baking for 20 minutes. Continue cooking until meat is done according to meat thermometer. (Time varies with meat type and thickness).

Davita

Salt-Free Recipes, *cont.*

Salt-Free Herb Blend

4 tsp. sesame seeds
2 tsp. celery seed
2 tsp. dried marjoram
2 tsp. poppy seeds
2 tsp. coarsely ground pepper
1-1/2 tsp. dried parsley flakes
1 tsp. onion powder
1 tsp. dried thyme
½ tsp. garlic powder
½ tsp. paprika

In a small bowl, combine all ingredients. Store in an airtight container.

Yield: 1/3 cup

Taste of Home

Garlic Spread

½ cup margarine
½ tsp. garlic powder

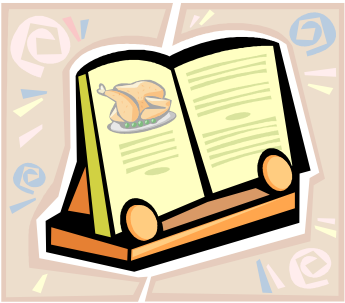
Soften margarine at room temperature. Blend in garlic powder.

Dill Spread

½ cup margarine
1 tsp. dill weed
1 tsp. white wine vinegar

Soften margarine. Blend in dill weed and white wine vinegar.

Casserole Sauce Mix



2 cups non fat dry milk
¾ cup cornstarch
½ tsp. pepper
¼ cup instant low sodium bouillon
2 Tbsp. dried minced onion
1 Tbsp. garlic powder (optional)
2 Tbsp. parsley flakes (optional)

Combine all ingredients and store in an airtight container. To use as substitute for one can condensed soup: mix 1/3 cup mix and 1 ¼ cup water in a saucepan. Cook and stir until thickened.

K-State Research and Extension

Gradually Reduce Sodium in School Meals

- Recondition taste buds
- Prepare more school-made items.
- Make soups and sauces from scratch.
- Modify recipes to remove or reduce salt.
- During the recipe modification process, ask for input from all food service staff.
- Modify recipes to use lower sodium versions of ingredients.
- Use fresh or dried herbs, spices, lemon or orange zest, or fruit juices to jazz up the flavors in foods without adding sodium.
- Use fresh or dried herbs, spices, lemon or orange zest, or fruit juices to jazz up the flavors in foods without adding sodium.
- Offer salt-free seasonings as an alternative to salt.
- Add a little dry mustard or a dash of Tabasco sauce to egg dishes instead of salt.
- Serve dressings and high sodium condiments less often.
- Pre-portion condiments such as catsup, relish, and salad dressing.
- Avoid serving pickles.
- Cook vegetables without adding salt.
- Rinse canned vegetables.
- Cook vegetables to preserve quality.
- Serve more fresh vegetables.
- Limit high sodium items on food/salad bars.
- Serve grilled chicken breast instead of luncheon meat, bacon, sausage, or ham.
- Offer fresh fruits.
- Use fruits to flavor foods.
- Add lemon rind or juice, in place of salt, to water that is used to boil pasta, rice, beans, and hot cereals.
- Use corn tortillas instead of flour tortillas in recipes.
- Avoid serving cheese daily.
- Pre-portion cheese servings.
- Work with vendors to find lower sodium versions of popular foods.
- Identify high sodium foods and offer them less often (pizza and hot dogs).
- Balance out the week!

Menu Makeover Activity

Monday	Tuesday	Wednesday	Thursday	Friday
1 Hamburger Soup Tossed Salad Ranch Dressing Fruit Cocktail Breadsticks Milk	**2** Fish Nuggets Au Gratin Potatoes Peas Pineapple Chunks Roll Tartar Sauce Milk	**3** Chicken Fried Beef Mashed Potatoes Chicken Gravy Green Beans Peaches Roll Milk	**4** BBQ Beef on Bun Tater Tots Broccoli/Cauliflower Cup Grapes Milk	**5** Chicken & Noodles Mashed Potatoes Green Beans Apple Wedges Roll Milk
8 Breakfast Pizza Hash Browns Fruit Cup in O.J. Brownie Milk	**9** Chicken Nuggets Scalloped Potatoes Carrots Pears in Lime Jello Roll Milk	**10** Spaghetti w/Meat Sauce Tossed Salad Green Beans Strawberries & Bananas Breadstick Milk	**11** Peanut Butter & Jelly or Bologna Sandwich Oven Browned Potatoes Mixed Vegetables Sliced Peaches Milk	**12** Tacos Refried Beans Corn Apple Wedges Milk
15 Hot Ham & Cheese Sandwich Crisscut Fries Calif. Mixed Vegetables Sliced Pears Milk	**16** Pizzaburger or Sloppy Joe Potato Roundabouts Green Peas Banana Half Milk	**17** Corn Dog or Rib Sandwich Baked Beans Cole Slaw Rice Krispie Treat Milk	**18** Chili Relishes Corn Applesauce Cinnamon Roll Milk	**19** Chicken Nachos Mexican Rice Carrots Kiwi Milk
22 Roast Beef & Gravy Mashed Potatoes Green Beans Apple Wedges Roll Milk	**23** Cheese or Canadian Bacon Pizza Relishes Green Peas Banana Half Milk	**24** Burrito w/Chili or Cheese Sauce Tossed Salad Corn Sliced Peaches Milk	**25** Baked Chicken Broccoli, Cheese & Rice Casserole Tossed Salad w/Dressing Grapes Roll Milk	**26** Tomato Soup Grilled Cheese Sandwich Veggie Cup w/Dressing Broccoli Salad Orange Wedges Milk
29 Deli Sliced Turkey Sandwich Natural Fries Cheesy Broccoli Apricot Halves Milk	**30** Beef Fritter Mashed Potatoes & Gravy Mixed Vegetables Cinnamon Apples Roll Milk	**31** Chicken Noodle Soup Ham Sandwich Relishes Strawberries & Bananas Milk	**1** Italian Dunkers Tossed Salad Green Beans Orange Wedges Milk	**2** Roasted Chicken Rice Pilaf Tossed Salad w/Dressing Strawberry Applesauce Roll Milk

Menu Makeover Activity Notes Page

Illinois Team Nutrition Step Up

Take Steps to Reduce Sodium ***	Step Up Goals – Level 1	Step Up Goals – Level 2	Step Up Goals – Level 3	Ideas
	1. *Gradually* reduce salt and other sodium-containing ingredients in recipes by using more herbs and spices. 2. Offer salty or high sodium foods in smaller portions less frequently. 3. Where practical, replace canned vegetables with fresh or frozen. 4. Reduce salt used in cooking pasta, rice, beans or cereal. 5. Drain canned meat, poultry, seafood and canned vegetables to reduce sodium.	1. Continue to follow action steps from Level 1. 2. Compare food labels and purchase ready-made foods with lower sodium content. 3. Prepare more entrees from fresh meat, poultry or fish so you can control the amount of sodium. 4. Where practical, prepare soups and sauces from scratch using unsalted stock. 5. Modify menus to eliminate salty or high sodium foods.	1. Continue to follow action steps from Level 2. 2. Make as many products from scratch as feasible so you can control the amount of sodium added. 3. Modify purchasing specifications for ready-made foods to include standards for maximum sodium content.	1. Try garlic powder, pepper and other sodium- or salt-free herbs and spices to flavor meats, vegetables, sauces, and soups. 2. Prepare soups with reduced sodium broth or salt-free broth base. 3. Add lemon juice to flavor vegetables or brighten the flavor of soups.

* These goals meet the *Healthier*US School Challenge Bronze and Silver criteria for school menus. There are additional criteria for competitive foods including a la carte and second servings. For more information about these criteria go to: http://teamnutrition.usda.gov/HealthierUS/index.html
** These goals meet the *Healthier*US School Challenge Gold and Gold Award of Distinction criteria for school menus.
*** The 2005 Dietary Guidelines for Americans recommends consumption of less than 2,300 mg of sodium. To meet the 2005 DGAs, school lunches should contain less than 767 mg. and a school breakfast should include 575 mg. of sodium.

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Test Your Knowledge

Which Foods Have More Sodium? Circle the correct answer.

1. A frozen dinner of sliced beef with gravy, mashed potatoes and peas
   OR one cup of chicken noodle soup?
2. A cup of Manhattan (red) **OR** New England (white) clam chowder?
3. A cup of instant oatmeal **OR** quick-cooking oatmeal?
4. A large bagel **OR** a large glazed doughnut?
5. One ounce dry roasted, salted mixed nuts **OR** an English muffin?
6. One cup of shredded wheat **OR** one cup bran cereal with raisins?
7. A fast foods grilled chicken sandwich **OR** fish fillet sandwich **OR** hamburger?
8. One-half cup instant chocolate pudding **OR** one-half cup regular, cooked pudding?
9. Four large olives **OR** a slice of raisin bread?
10. A Pina Colada **OR** Bloody Mary?
11. One slice of Swiss **OR** one slice of American cheese?
12. A medium serving of french fries **OR** 2 tbsp ketchup?
13. A cornbread muffin **OR** a dinner roll?
14. A 3 oz pork chop **OR** 3 oz of ham?
15. A corn tortilla **OR** flour tortilla?

http://www.lowsaltfoods.com/health_center/quiz/dir_quiz.htm

Did You Know?

- A healthy garden salad with low-fat dressing often has more sodium than a hamburger and French fries. Dressings can be high in sodium!
- Teriyaki marinade can have as much as 3,050 mg sodium per tablespoon, but many grilling sauces have less than 140 mg.
- A large bagel has an average of 700 mg sodium.
- A half cup of prepared spaghetti sauce contains over 500 mg sodium.
- All-purpose flour has 3 mg sodium per cup, but self-rising flour has 1,588 mg.
- Baking powder contains 488 mg sodium per teaspoon and baking soda has 1,259 mg.
- One dill pickle spear has 385 mg and one small whole sweet gherkin has 141 mg.
- 2 Tbsp. Italian dressing has 231 mg, fat free has 430 mg, and zesty Italian has 510 mg.
- 1 cup prepared rice pilaf has more than 700 mg sodium, but a cup of instant rice only has 30 mg.
- 1 tbsp clam juice has 70mg sodium?
- Pickled hot banana peppers or jalapeños average 410mg sodium per pepper?
- 3 ounces of Alaskan king crab has 711mg sodium, but 3 ounces of Dungeness or blue crab only have 250mg (before you add the butter)?
- Antacids can have as much as 761mg sodium?