

CHANGE YOUR SALTY WAYS



The Dietary Guidelines for Americans recommends limiting your sodium intake to 2,300 mg per day. Most Americans consume more than 3,400 mg of sodium per day and about 70% of that is found in processed and restaurant foods. While your body needs a small amount of sodium (AKA salt) to function, over consumption of sodium can lead to high blood pressure putting you at risk for heart attack, heart failure and stroke.

Tips to Lower Your Daily Salt Intake

- 1. Read Labels.** Check the nutrition facts label to see how much sodium the product contains.
- 2. Reset Your Salty Taste Bud Baseline.** Commit to one to two weeks of reducing your salt intake and your taste buds for salt will adjust.
- 3. Eat More Vegetables and Fruits.** Fill up on more vegetables and fruits while decreasing the portion of salty foods.
- 4. All Salt is Salt.** Sea salt, Kosher salt and Himalayan salt contain sodium too.
- 5. Shop Smart.** Look for “low sodium”, “reduced sodium” or “no salt added” on the label.
- 6. Spice Up Your Life.** Instead of seasoning with salt try other spices, herbs, citrus juice and garlic or make your own low salt seasoning mixes. **Bonus:** Herbs and spices contain antioxidants that support health.

SPICE	BEST USES
Basil	Pesto, salad dressings, salads, soups, pasta, pizza, tomatoes
Cinnamon	Cakes, cookies, pies, custard, sauces, oatmeal, smoothies
Clove	Cakes, cookies, quick breads, fruit pies, sauces
Cumin	Soups, stews, corn, Mexican dishes, hummus
Dill	Cole slaw, salads, chicken dishes, fish, dips, dressings, soups, stews
Garlic	Meats, soups, stews, dips, sauces, breads, potatoes, vegetables, stir-fry
Mint	Chutney, salads, dressings, beverages, melons
Oregano	Mexican dishes, mixed rice, soups, pastas, pizza, tomatoes
Paprika	Chili, soups, stews, vegetables
Parsley	Soups, stocks, cream & tomato sauces, dressings, vegetables
Rosemary	Meats, potatoes, mushrooms, stuffing
Sage	Stuffing, pastas, chicken, pork, sausage

St. Charles AAA

February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Hamburger Lettuce/Tomato/Onion Baked Beans WG Hamburger Bun Orange Juice Chocolate Milk Mayonnaise Mustard/Ketchup	2 Pork Roast Pork Gravy Stewed Tomatoes Whipped Potatoes Wheat Bread Chocolate Cake Margarine	3 Tuna Salad Brussels Sprouts Whole Kernel Corn Wheat Bread (2) Peach Cobbler
		6 Meatballs Creole Sauce Lima Beans Chuckwagon Corn WG Hot Dog Bun Applesauce	7 Sausage/Pinto Beans Rice Orange Juice Mixed Greens Cornbread Fruit & Grain Bar Margarine	8 Turkey King Ranch Brussels Sprouts Glazed Carrots Wheat Bread Apple Juice Margarine
13 Turkey & Sausage Jambalaya Cabbage Carrots Wheat Bread Oatmeal Crème Cookie Margarine	14 Ham & White Beans Brown Rice Mixed Greens Orange Juice Cornbread Fig Bar Margarine	15 Chicken and Sausage Gumbo Rice Okra & Tomatoes Potato Salad Saltine Crackers Birthday Cake	16 Hamburger Lettuce/Tomato/Pickle Baked Beans WG Hamburger Bun Mixed Fruit Cobbler Chocolate Milk Mayonnaise Mustard/Ketchup	17 Pork Riblet Pork Gravy California Vegetables Whipped Potatoes Wheat Bread Chocolate Chip Cookie Margarine
20 Chili with Beans Mixed Greens Country Corn Saltine Crackers Applesauce	21 CLOSED	22 Ash Wednesday Shrimp Gumbo Rice Green Peas & Carrots Cranberry Juice Wheat Bread Peanut Butter Cookie Margarine	23 Ham & Black-eyed Peas Rice Cabbage Apple Juice Cornbread Fresh Fruit Margarine	24 Lent Special Seafood Salad Tossed Salad Pickled Beets Saltine Crackers Snickerdoodle Bar Assorted Dressing
27 Chicken Stew Rice Brussels Sprouts Wheat Bread Fruit & Grain Bar Margarine	28 Hot Dog with Chili Cranberry Juice Baked Beans WG Hot Dog Bun Spiced Peaches		Each Meal is Served with 1/2 Pint of 2% Milk	