

SENIOR NUTRITION NEWS

March 2018



Reduce Salt Intake with Herbs & Spices

Close to half of American adults have high blood pressure, which can lead to other health problems. One specific cause of high blood pressure is a high intake of sodium. Sodium is found in salt. It is recommended that no more than 2,300 milligrams (mg) of sodium per day with an ideal limit of no more than 1,500 mg a day for most adults. One teaspoon of salt equals 2,300 mg sodium. Most sodium is already in the foods we consume, and does not come from the salt shaker. On average, Americans consume more than twice the limit of sodium each day.



Checking the Nutrition Facts Label for sodium content when grocery shopping can help you become more aware of higher sodium foods. A great way to make your foods tastier and healthier is by using herbs and spices to flavor your foods rather than table salt. It is important to note that some herbs and spices may have interactions with medications. It is recommended to discuss with your primary care provider any possible interactions with your currently prescribed medications before using herbs and spices. See the table below for recommended herbs and spices for different types of dishes:

Food	Recommended Herbs & Spices
Beef & Pork (leaner choices include "loin," "chop," and "round" cuts)	Cayenne Pepper, Nutmeg, Sage, Thyme, Cumin, Turmeric with Black Pepper, Curry
Seafood	Allspice, Basil, Celery Seed, Dill Weed, Marjoram, Thyme, Saffron
Poultry	Rosemary, Parsley, Paprika, Ginger, Oregano
Vegetables	Garlic Powder, Curry, Oregano, Anise, Cinnamon
Soups	Bay Leaf, Chili Powder, Onion Powder, Allspice, Lemongrass, Sage
Salads & Dressings	Parsley, Basil, Dill, Thyme, Oregano, Onion Powder, Garlic Powder, Tarragon
Grains (rice, quinoa)	Paprika, Parsley, Chives, Saffron, Annatto Seeds, Tamarind

Southwestern Salad

- 1/2 cup onions, chopped
- 1 pound lean ground beef
- 1 tablespoon chili powder
- 2 teaspoons dry oregano
- 1/2 teaspoon ground cumin
- 1 cup no salt added canned kidney beans, red, drained
- 1 15-ounce no salt added canned chickpeas, drained
- 1 medium tomato, diced
- 2 cups lettuce
- 1/2 cup mozzarella cheese



1. Cook ground beef and onions in a large skillet until the beef no longer remains pink. Drain.
2. Stir chili powder, oregano, and cumin into beef mixture; cook for 1 minute.
3. Add beans, chickpeas, and tomatoes. Mix gently to combine.
4. Combine lettuce and cheese in large serving bowl. Then portion lettuce and cheese onto 4 plates. Add 1/2 cup of beef mixture on top of lettuce and cheese.

Note: Garbanzo bean is another name for chickpea.

Sources: http://msue.anr.msu.edu/news/reduce_salt_intake_with_healthy_herbs_and_spices; <http://extension.wsu.edu/clark/wp-content/uploads/sites/36/2014/04/Food-ense-Southwest-Salad.pdf?x24221>
retrieved 02/28/18

For Information on Eat Smart Idaho classes or how to eat well for less, contact the Nutrition Advisor in your county:

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