

# Smart Choices

## Nutrition News for Seniors

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### Be Heart Smart—Lower Your Sodium

The *New Dietary Guidelines for Americans 2010* were released at the end of January and contain specific recommendations to reduce the amount of sodium consumed.

Sodium is an essential nutrient and is needed by the body to assist with fluid balance and proper regulation of the acid-base balance. Sodium, along with potassium, is responsible for balancing the response of nerves to stimulation, travel of nerve impulses to muscles, and muscle contraction.

On average the more sodium a person consumes the higher their blood pressure will be. There is also a large amount of research that shows if a person reduces their sodium intake their blood pressure will decrease.

According to the Centers for Disease Control, Americans get over 3400 milligrams (mg) of sodium a day on the average. The majority of that sodium comes from packaged, processed and store bought foods as well as those eaten from sit down and fast food restaurants.

Consuming too much sodium in the diet may increase not only your blood pressure but also raise your risk for heart disease, stroke and kidney disease.

#### *How much sodium do you need?*

The adequate intake (AI) is the recommended daily average intake level of a nutrient. The sodium AI is based on the amount needed to meet sodium needs of a healthy and moderately active person.

The new recommendations for the AI levels per day are as follows:

Adults to 50 years—1500 mg  
Adults 51 to 70 years—1300 mg  
Adults 71 and older—1200 mg

A general recommendation was made that Americans should reduce their daily sodium intake to less than 2300 mg a day. That equals about 1 teaspoon of salt.

Specific recommendations were also made for certain groups of people such as those older than 51, African Americans, people with high blood pressure, diabetes or chronic kidney disease. For those Americans, it is recommended that they reduce their intake to 1500 mg a day which is about 1/2 teaspoon.



#### *Ways to reduce sodium intake*

- Read the nutrition facts label on packaging for sodium content.
- Choose and purchase foods that are lower in sodium content.
- Consume more fresh foods and fewer processed foods that are going to be higher in sodium content.
- Eat more foods prepared at home because you have more control over the sodium.
- Use little or no salt or seasonings that contain salt when cooking or eating foods.
- When eating at restaurants, ask that salt not be added to your food when it is prepared.
- Experiment with herbs and spices when cooking and eating to add flavoring

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**Check labels to see if “Salt” or “Sodium” is listed in the ingredients.**

## Baked Chicken with Vegetables



### Ingredients:

- 4 sliced potatoes
- 6 sliced carrots
- 1 large quartered onion
- 1 raw chicken - cleaned and cut into pieces, skin removed
- 1/2 cup water
- 1 teaspoon thyme
- 1/4 teaspoon pepper

### Directions:

1. Preheat oven to 400 degrees.
2. Place potatoes, carrots and onions in a large roasting pan.
3. Put chicken pieces on top of the vegetables.
4. Mix water, thyme and pepper. Pour over chicken and vegetables.
5. Spoon juices over chicken once or twice during cooking.
6. Bake at 400 degrees for one hour or more until browned and tender.

Adapted from:  
Go with Chicken  
Eau Claire County, 2002  
University of Wisconsin Cooperative Extension Service

## Nutrition Facts

Serving Size 1/6 of recipe (314g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 190</b>	Calories from Fat 30
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	% Daily Value*
<b>Total Fat 3.5g</b>	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 75mg</b>	<b>25%</b>
<b>Sodium 135mg</b>	<b>6%</b>
<b>Total Carbohydrate 13g</b>	<b>4%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 6g	
<b>Protein 26g</b>	
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Vitamin A 210%	Vitamin C 40%
Calcium 6%	Iron 15%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
	Calories    2,000    2,500
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

## Seasoning Alternatives

- **Basil:** Fish, lamb, lean ground meats, stews, salads, soups, sauces,
- **Bay leaves:** Lean meats, stews, poultry, soups, tomatoes
- **Chives:** Salads, sauces, soups, lean meat dishes, vegetables
- **Curry powder:** Lean meats (especially lamb), veal, chicken, fish, tomatoes, tomato soup, mayonnaise
- **Dill:** Fish sauces, soups, tomatoes, carrots, cauliflower, green beans, cucumbers, potatoes, salads, macaroni, lean beef, lamb, chicken, fish
- **Garlic (not garlic salt):** Lean meats, fish, soups, salads, vegetables, tomatoes, potatoes
- **Lemon juice:** Lean meats, fish, poultry, salads, vegetables
- **Mustard (dry):** Lean ground meats, lean meats, chicken, fish, salads, asparagus, broccoli, Brussels sprouts, cabbage, mayonnaise, sauces
- **Onion powder (not onion salt):** Lean meats, stews, vegetables, salads, soups
- **Paprika:** Lean meats, fish, soups, salads, sauces, vegetables
- **Parsley:** Lean meats, fish, soups, salads, sauces, vegetables
- **Rosemary:** Chicken, veal, lean meat loaf, lean beef, lean pork, sauces, stuffings, potatoes, peas, lima beans
- **Thyme:** Lean meats (especially veal and lean pork), sauces, soups, onions, peas, tomatoes, salads

## What's the Purpose of SNAP?

The Supplemental Nutrition Assistance Program or SNAP is about helping people with limited incomes improve their nutrition for better health and disease prevention. The program is available to all eligible persons. Food Stamp coupons have been replaced by an electronic SNAP card that looks and works just like a typical debit or credit card used by any grocery shopper. This program can help you buy nutritious foods for a better diet. To find out more contact 1-888-LA HELPU or visit [www.dss.state.la.us](http://www.dss.state.la.us).

