



# K-State Extension Connection

## **For Immediate Release:**

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The mission of K-State Research and Extension Family and Consumer Sciences is to link education with life experiences to help people improve their lives, their families and their communities. Family and Consumer Sciences professionals support essential life skills including Community Development, Healthy Lifestyle Choices, Leadership & Volunteer Development, Relationship Development and Resource Management.

## **Be Aware of “The Salty Six”**

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**Eating too much sodium can cause health problems**, including high blood pressure and heart disease. Most of us consume around 3,400 milligrams of sodium daily—more than double the 1500 milligrams recommended by the American Heart Association and well above the 2,300 milligrams the CDC recommends for the general population.

### **More than 75% of our sodium comes from processed foods and restaurant foods.**

So, be sure to check the Nutrition Facts label on food packages advises Terry Meek, Heart Disease and Stroke Prevention Coordinator, Iowa Department of Public Health. Keep the sodium content below 5% whenever possible, she encourages. Also, cook more meals at home, and be aware of these “**Salty Six**” when making food choices.

**1. Breads and Rolls:** Most bread will have 100 to 200 milligrams of sodium per slice. If you are eating a sandwich, those numbers can add up quickly. Find whole-grain bread that has less than 200 milligrams of sodium per serving (usually only 1 slice). Consider switching to whole-grain pita pockets, English muffins or bagel thins, all of which have fewer than 150 milligrams per serving.

**2. Cold Cuts and Cured Meats:** Just six thin slices of deli meat can add up to half a day’s worth of sodium intake. Ham is especially high in sodium. If you are fond of lunch meats, choose a reduced-sodium variety and eat a small amount. Add veggies to your sandwich to bulk it up.

**3. Pizza:** Pizza brings together a melting pot of high sodium ingredients: cheese, pepperoni, sausage, tomato sauce and crust. Ask for light cheese and opt for veggie toppings instead of meat. Enjoy 2 small slices, and fill out the meal with salad or steamed vegetables.

**4. Poultry:** This one can be sneaky! What looks like a natural fresh or frozen piece of chicken could actually be injected with broth or sodium solution preservatives that boost sodium content up to 200 milligrams per serving. Read the label to find a product with low sodium levels. When purchasing chicken, avoid prepared or processed products, which are packed with seasonings and sodium and are often fried. Consider choosing fresh fish once per week to bake or grill as a lower-sodium alternative.

**5. Canned Soup or Packaged Soup Mixes:** You can easily blow an entire day's worth of your allotted sodium intake just by eating a single serving which may contain 600 to 1,000 milligrams per serving (usually only 1 cup). Choose a lower-sodium variety or, even better, make your own at home.

**6. Sandwiches:** Restaurant burgers and sandwiches are another hidden trove of salt. A single sandwich can contain a day's worth of sodium. Request the burger grilled not fried, without cheese and with condiments on the side (BBQ sauce and ketchup, in particular add sugar and sodium). A better way to go is to share a sandwich and order a fresh side, such as a salad, fruit or low fat yogurt.

**Since the taste for salt is established through diet at a young age,** parents and caregivers can help lower sodium intake throughout life by influencing the way children's foods are prepared and served at an early age. To find out more, visit <http://www.cdc.gov/vitalsigns/children-sodium/>.

For more information this and other topics, please feel free to contact the Wildcat Extension District, Crawford County, 620-724-8233; Labette County, 620-784-5337; Montgomery County, 620-331-2690; Pittsburg Office, Expanded Food and Nutrition Education (EFNEP), 620-232-1930. Wildcat District Extension is on the Web at <http://www.wildcatdistrict.ksu.edu>. Or, like our Facebook page at [facebook.com/wildcat.extension.district](https://www.facebook.com/wildcat.extension.district).

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## **Easy Baked Fish Fillets**

Makes 4 servings

### **Ingredients:**

1½ pounds grouper, haddock, or cod fish  
Cooking spray  
1 tablespoon fresh lime juice  
1 tablespoon light mayonnaise  
1/8 teaspoon onion powder  
1/8 teaspoon black pepper  
1/3 cup breadcrumbs  
1 tablespoon butter or stick margarine, melted  
2 tablespoons chopped fresh parsley

### **Directions:**

1. Preheat oven to 425°F.
2. Place fish in an 11- by 7-inch baking dish coated with cooking spray.
3. Combine lime juice, mayonnaise, onion powder, and pepper in small bowl. Spread mixture over fish. Sprinkle with breadcrumbs; drizzle with butter.
4. Bake at 425°F for 20 minutes or until fish flakes easily when tested with a fork. Sprinkle with parsley before serving.

**Nutrition information per serving:** 230 calories; 6 g fat; 7 g carbohydrates; 34 g protein; 190 mg sodium.

Recipe adapted from [www.myrecipes.com](http://www.myrecipes.com)