Skip the Salt and Sugar

Look inside for:

• Added Sugar Is Not So Sweet
• Sugar Sense
• Sugar Shocker
• Choose Health. Drink Water
• Cut Back On Your Kid’s Sweet Treats (English/Spanish)
• Why Should I Limit Sodium? (English/Spanish)
• The Salty Six (English/Spanish)
• High Sodium Foods, Ways to Reduce Sodium
• Spice Things Up
• Healthier Condiments
• Monthly Health Challenge—Jump Rope
• Monthly Recipe – Simple Corn Chowder

For more information on ways to lead a healthier lifestyle visit our website GetHeathyCT.org
Like us on Facebook!

March 2016
Some sugars are naturally in fruits, vegetables, milk & grains. Other sugars — the kind added to foods, drinks and condiments during processing — may increase heart disease risk.

A typical 12-ounce can of regular soda has 130 calories and 8 teaspoons of sugar.

Added sugar also sneaks into seemingly “better for you” beverages, such as sports drinks, fruit drinks and flavored milks.

THE AMERICAN HEART ASSOCIATION RECOMMENDS

limiting added sugars to no more than 100 calories a day (6 teaspoons) for most women & no more than 150 calories a day (9 teaspoons) for most men.

FIND IT

Read food labels. Syrup, molasses, cane juice and fruit juice concentrate mean added sugar as well as most ingredients ending with the letters “ose” (like fructose & dextrose).

Enjoy fruit for dessert most days and limit traditional desserts to special occasions.

Cut back on the amount of sugar you add to things you eat or drink often.

Buy 100% juice with no added sugars.

REPLACE IT

Drink sparkling water, unsweetened tea or sugar-free beverages.

Enhance foods with spices — try cinnamon, nutmeg or ginger.

Add fresh or dried fruit to cereal and oatmeal.

Sugar-sweetened beverages are the biggest source of added sugar in the American diet. Other sources are baked items (like cakes, muffins, cookies and pies), ice cream and candy.

Eating and drinking a lot of added sugar is one probable cause of the obesity epidemic in the U.S. It’s also linked to increased risks for high blood pressure, high cholesterol, diabetes and inflammation in the body.

American Heart Association’s Simple Cooking with Heart is nationally sponsored by Walmart.

FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES: HEART.ORG/SIMPLECOOKING ©2014 American Heart Association. 4/3DS7892
Sugar Sense:

Learning how to reduce your sugar intake

Sugar in our diet comes from different sources, not just from cakes and candy. Too much sugar can lead to health issues like heart disease, diabetes, dental cavities, obesity, and other serious conditions. This is why it is so important to know how to read the labels on packaged foods to find out how much sugar is contained in a product. Foods can contain both natural and added sugar. Added sugar can make a product sweeter while adding a lot of “empty calories” to it. Empty calories provide little to no nutrients for your body.

The American Heart Association recommends:

- Women consume no more than 6 teaspoons (100 added calories or 24 grams) of sugar per day
- Men consume no more than 9 teaspoons (150 added calories or 36 grams) of sugar per day
- More information can be found at [www.heart.org](http://www.heart.org)

**Easy Tips to Reduce Your Daily Sugar Intake**

In addition to candy, soda and desserts, here are some common sources of added sugar that may surprise you:

- Dried Fruit
- Granola Bars
- Cereal
- Condiments
- Frozen foods
- Cereals
- Pasta Sauce
- Salad Dressing
- Protein Bars
- Fruit Juices
- Yogurt
- Bread
- Canned Soup
- Canned Fruit

**Helpful tip:** 1 teaspoon of sugar = 4 grams of sugar

**Example:** The Nutrition Facts label on the left is for a food item whose serving size is 1/2 the package.

- It contains 36 grams of sugar per serving
- **36 grams divided by 4 = 9 teaspoons** of sugar per serving (1/2 the package)
- If you eat the entire package, that’s 18 teaspoons in total from just one food item. Much more than the recommended daily amount for both men and women.

Check the Label!
You can also try these simple tips from MyPlate to help reduce your daily sugar intake:

♦ You can limit your intake of added sugars by drinking water, unsweetened tea or coffee, or other calorie-free beverages instead of sodas or other sweetened beverages.

♦ Choose beverages, such as low-fat or fat-free milk and 100% fruit juice, that will boost Dairy Group and Fruit Group intake to meet recommendations.

       ♦ Choose fruit as a naturally sweet dessert or snack instead of foods with added sugars.
       ♦ Make sweet desserts and snacks, such as cookies, cakes, pies, and ice cream, a once-in-a-while treat and choosing a small portion when you enjoy them.
       ♦ Choose packaged foods that have less or no added sugars such as plain yogurt, unsweetened applesauce, or frozen fruit with no added sugar or syrup.
       ♦ See more at: www.choosemyplate.gov.

For more information visit us at www.GetHealthyCT.org

Like us on Facebook!
Compare labels to choose foods lower in sugar.

Think sugar gives you a lift? Think again. Too much sugar will leave you feeling tired and sluggish soon after you eat. Healthy foods give you the energy you need to play, do well in school, and be active all day long.

Have you ever seen the Nutrition Facts Panel on a food package? That’s where you can find out how much sugar is in your food or drink. Look for it on the side or back of the package. Sugar is circled in red on the label to the right.

The next time you reach for a soda or other sugary drink, think about eating 16 packets of sugar. That’s how much sugar is in a 20 ounce soda! Instead, try mixing 100% fruit juice with sparkling water.

It’s ok to eat sugary foods from time to time. Think of them as a special treat instead of an everyday food.

Compare the food labels below. Circle which food or drink is lower in sugar.

a. Soda

b. “Frosted” whole grain cereal

OR

OR

OR

c. Plain yogurt

Strawberry yogurt

Nutrition Facts

Serving Size 1 cup (264g) Servings per Container 2

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 310 Calories from Fat 40</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>4.5g (7% Daily Value)</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>130mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>27g (9% Daily Value)</td>
</tr>
<tr>
<td>Sugar</td>
<td>11g</td>
</tr>
<tr>
<td>Protein</td>
<td>8g</td>
</tr>
</tbody>
</table>

Sugars 4g

Vitamin A 300% • Vitamin C 190%
Calcium 15% • Iron 20%

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

TRY THIS!

Next time you go food shopping with an adult or on your own, look at how much sugar is in a food or drink you would normally buy. See if you can find a similar food with less sugar that you would be willing to try.
Fruit Smoothies

Chef Susan Goss • Chicago, Ill.
Serves 2, 1 cup per serving
Prep time: 10 minutes • Cook time: None

Directions
1. Peel banana. Place in blender.
2. Add remaining ingredients to the blender. If using cinnamon, add now.
3. Cover and blend until smooth.

Chef’s Notes
- Use any fresh or frozen fruit, such as peaches, blueberries, raspberries, or mangoes. Use fruits in season when you can.
- For a creamier smoothie, use nonfat, soy, or 1% milk instead of orange juice.
- Freeze slices of fruits that are about to go bad. Use these in your smoothies.
- If smoothie is too thick, add water or ice. If smoothie is too thin, add more fruit.
- If you don’t have a blender, use a fork to mash the fruit. Whisk in the other ingredients. Serve over ice.

Ingredients
- 1 medium banana
- ½ cup ice cubes
- 1 cup low-fat plain yogurt
- ½ cup 100% orange juice
- 4 frozen strawberries

Optional Ingredients
- ½ teaspoon ground cinnamon

Materials
- Measuring cups
- Blender

Nutrition Info (per serving)
- CALORIES: 150
- TOTAL FAT: 1.5g
- SUGARS: 19g
- SODIUM: 65mg

Got a taste for something sweet? Have fun with fruit! Try a cool and tasty fruit smoothie in place of a sugary drink, snack, or dessert.

This is Your Brain on Breakfast

A balanced breakfast includes foods from at least 3 MyPlate food groups. Match these popular breakfast foods with the food group they belong to. **Hint:** Some foods may have ingredients from more than one food group!

**Foods**
- Bagel
- Cereal
- Eggs
- Apple
- Veggie omelette
- Oatmeal
- Yogurt
- Waffle
- Banana
- Bean burrito
- Milk
- Toast
- Peanut butter

**Food groups**
- Fruits
- Vegetables
- Grains
- Protein
- Dairy

TIP: You can make or buy all of these grain foods as whole grains.

**DID YOU KNOW?**
Fruit is naturally sweet and it gives you the healthy stuff you need to grow and be strong. Have it on its own for a snack, or use it to sweeten lower-sugar versions of your favorite foods, like cereal or yogurt.

Want more tasty recipes to make with your friends and family? Get all Cooking Matters recipes right on your phone at CookingMatters.org/app.

Visit MyPlate Kids Place for fun videos, games, and activity sheets. Go to www.choosemyplate.gov/kids.
Choose health. Drink water.

<table>
<thead>
<tr>
<th>Drink</th>
<th>Calories</th>
<th>Teaspoons of Sugar per Container Size</th>
<th>Minutes of Brisk Walking to Burn off the Drink (walking at 3.5 mph)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soda</td>
<td>227</td>
<td>14 tsp</td>
<td>49 min.</td>
</tr>
<tr>
<td>20 fl. oz.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sports Drink</td>
<td>125</td>
<td>9 tsp</td>
<td>27 min.</td>
</tr>
<tr>
<td>20 fl. oz.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Energy Drink</td>
<td>240</td>
<td>15 tsp</td>
<td>52 min.</td>
</tr>
<tr>
<td>16 fl. oz.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Juice Drink</td>
<td>305</td>
<td>17 tsp</td>
<td>66 min.</td>
</tr>
<tr>
<td>20 fl. oz.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruit-flavored Soda</td>
<td>165</td>
<td>11 tsp</td>
<td>36 min.</td>
</tr>
<tr>
<td>12.5 fl. oz.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin-added Water</td>
<td>125</td>
<td>8 tsp</td>
<td>27 min.</td>
</tr>
<tr>
<td>20 fl. oz.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweetened Tea</td>
<td>213</td>
<td>14 tsp</td>
<td>46 min.</td>
</tr>
<tr>
<td>20 fl. oz.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td>0</td>
<td>0 tsp</td>
<td>0 min.</td>
</tr>
<tr>
<td>20 fl. oz.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Note: Walking times are based on the average calorie expenditure for a 154-pound individual walking at 3.5 mph (280 calories/hour). Calories burned per hour will be higher for persons who weigh more than 154 pounds and lower for persons who weigh less. Teaspoons of sugar are rounded to the nearest whole number. All walking times are rounded up to the next whole number.


This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.
**Elija la salud. Tome agua.**

<table>
<thead>
<tr>
<th>Bebida</th>
<th>Cucharaditas de azúcar por tamaño del envase</th>
<th>Minutos de caminata rápida para quemar la bebida (caminar a 3.5 mph)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Refresco</strong></td>
<td><strong>14 cdtas</strong></td>
<td><strong>49 min.</strong></td>
</tr>
<tr>
<td>227 calorías</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20 oz. líquidas</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Bebida deportiva</strong></td>
<td><strong>9 cdtas</strong></td>
<td><strong>27 min.</strong></td>
</tr>
<tr>
<td>125 calorías</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20 oz. líquidas</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Bebida energética</strong></td>
<td><strong>15 cdtas</strong></td>
<td><strong>52 min.</strong></td>
</tr>
<tr>
<td>240 calorías</td>
<td></td>
<td></td>
</tr>
<tr>
<td>16 oz. líquidas</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Bebida de jugo</strong></td>
<td><strong>17 cdtas</strong></td>
<td><strong>66 min.</strong></td>
</tr>
<tr>
<td>305 calorías</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20 oz. líquidas</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Refresco sabor a fruta</strong></td>
<td><strong>11 cdtas</strong></td>
<td><strong>36 min.</strong></td>
</tr>
<tr>
<td>165 calorías</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12.5 oz. líquidas</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Agua vitaminada</strong></td>
<td><strong>8 cdtas</strong></td>
<td><strong>27 min.</strong></td>
</tr>
<tr>
<td>125 calorías</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20 oz. líquidas</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Té endulzado</strong></td>
<td><strong>14 cdtas</strong></td>
<td><strong>46 min.</strong></td>
</tr>
<tr>
<td>213 calorías</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20 oz. líquidas</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Agua</strong></td>
<td><strong>0 cdtas</strong></td>
<td><strong>0 min.</strong></td>
</tr>
<tr>
<td>0 calorías</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20 oz. líquidas</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Nota:** La duración de la caminata se basa en el consumo de calorías promedio para una persona de 154 libras que camina a 3.5 mph (280 calorías por hora). Las calorías que se queman por hora son más para personas que pesan más de 154 libras y menos para personas que pesan menos. Las cucharaditas de azúcar se redondean al número entero más cercano. Todas las duraciones de las caminatas se redondean al siguiente número entero.


†Sitio web sólo disponible en inglés.

Este material fue producido por la Rama de Educación en Nutrición y Prevención de la Obesidad del Departamento de Salud Pública de California con fondos de SNAP-Ed del USDA, conocido en California como CalFresh. Estas instituciones son proveedoras y empleadas que ofrecen oportunidades equitativas. CalFresh provee asistencia a ganar un canal abierto y a ellas pueden acceder a cargos con cumbres equitativas que se lejen salud. Para información sobre CalFresh, llame al 1-888-9-COMIDA. Para información nutricional, visite www.CampeonesDelCambio.net.
cut back on your kid’s sweet treats

**10 tips to decrease added sugars**

**Limit the amount of foods and beverages with added sugars your kids eat and drink.** If you don’t buy them, your kids won’t get them very often. Sweet treats and sugary drinks have a lot of calories but few nutrients. Most added sugars come from sodas, sports drinks, energy drinks, juice drinks, cakes, cookies, ice cream, candy, and other desserts.

1. **serve small portions**
   It’s not necessary to get rid of all sweets and desserts. Show kids that a small amount of treats can go a long way. Use smaller bowls and plates for these foods. Have them share a candy bar or split a large cupcake.

2. **sip smarter**
   Soda and other sweet drinks contain a lot of sugar and are high in calories. Offer water, 100% juice, or fat-free milk when kids are thirsty.

3. **use the check-out lane that does not display candy**
   Most grocery stores will have a candy-free check-out lane to help moms out. Waiting in a store line makes it easy for children to ask for the candy that is right in front of their faces to tempt them.

4. **choose not to offer sweets as rewards**
   By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs, or give them non-food items, like stickers, to make them feel special.

5. **make fruit the everyday dessert**
   Serve baked apples, pears, or enjoy a fruit salad. Or, serve yummy frozen juice bars (100% juice) instead of high-calorie desserts.

6. **make food fun**
   Sugary foods that are marketed to kids are advertised as “fun foods.” Make nutritious foods fun by preparing them with your child’s help and being creative together. Create a smiley face with sliced bananas and raisins. Cut fruit into fun and easy shapes with cookie cutters.

7. **encourage kids to invent new snacks**
   Make your own snack mixes from dry whole-grain cereal, dried fruit, and unsalted nuts or seeds. Provide the ingredients and allow kids to choose what they want in their “new” snack.

8. **play detective in the cereal aisle**
   Show kids how to find the amount of total sugars in various cereals. Challenge them to compare cereals they like and select the one with the lowest amount of sugar.

9. **make treats “treats,” not everyday foods**
   Treats are great once in a while. Just don’t make treat foods an everyday thing. Limit sweet treats to special occasions.

10. **if kids don’t eat their meal, they don’t need sweet “extras”**
    Keep in mind that candy or cookies should not replace foods that are not eaten at meal time.

Go to www.ChooseMyPlate.gov for more information.
Reduzca el consumo de golosinas de sus hijos

10 consejos para reducir el azúcar adicional

**1. Sirva porciones pequeñas**
No es necesario eliminar completamente los dulces y los postres, pero enseñe a sus hijos que las golosinas en cantidades pequeñas son suficientes. Use tarros y platos más pequeños para servir esos alimentos. Permite que sus hijos compartan una barra de dulce o un bizcocho grande.

**2. Beba juiciosamente**
Las gaseosas y otros refrescos dulces contienen mucho más azúcar y más calorías. Cuando sus hijos tengan sed, ofrezca agua, 100% jugo o leche descremada.

**3. Use la cajera que no tenga dulces**
La mayoría de los supermercados tienen cajeras sin dulces para ayudar a las madres. La espera en la fila para pagar anima a los niños a pedir los tentadores dulces que les rodean.

**4. No ofrezca dulces como recompensas**
Al ofrecer alimentos como recompensas del buen comportamiento, los niños aprenden a pensar que algunos alimentos son mejores que otros. Recompense a sus hijos con palabras cariñosas y abrazos de consuelo, no ofrezca dulces como recompensa.

**5. Haga que las frutas sean el postre de todos los días**
Sirva manzanas o peras asadas, o ensalada de frutas. También sirva sabrosas barras de jugo congelado (100% jugo) en lugar de postres con alto contenido de calorías.

**6. Haga las comidas divertidas**
Las golosinas para los niños se comercializan como “comidas divertidas.” Haga que las comidas nutritivas sean divertidas al prepararlas de manera creativa. Invierta una cara sonriente con rebanadas de plátano y pasas. Use moldes para galletitas para cortar las frutas en formas divertidas y fáciles.

**7. Anime a sus hijos a inventarse bocadillos nuevos**
Prepare sus bocadillos con cereales secos de granos integrales, frutas secas y nueces o semillas sin sal. Provea los ingredientes y permita que los niños elijan lo que quieren preparar como bocadillo “nuevo.”

**8. Juegue al detective en el estante de cereales**
Enseñe a los niños cómo encontrar la cantidad total de azúcar en varios cereales. Anímelos a comparar los cereales que les gustan y a seleccionar el que tenga menos azúcar.

**9. Haga que las golosinas sean “especiales” no comidas de todos los días**
Las golosinas son fabulosas de vez en cuando. Pero no haga que sean comidas de todos los días. Limite las golosinas a ocasiones especiales.

**10. Si los niños no se comen sus comidas, no hay que darles dulces “extra”**
Tenga en cuenta que los dulces o las galletitas no deben reemplazar los alimentos no consumidos a la hora de comer.

**Visite www.ChooseMyPlate.gov para obtener más información.**
Why Should I Limit Sodium?

You may have been told by your healthcare provider to reduce the salt in your diet. Table salt is sodium chloride. You need a certain balance of sodium and water in your body at all times to work properly. Too much salt or too much water in your system will upset the balance. When you’re healthy, your kidneys get rid of extra sodium to keep the correct balance.

What’s bad about sodium?

Too much sodium in your system causes your body to retain (hold onto) water. This puts an extra burden on your heart and blood vessels. In some people, this may lead to or raise high blood pressure. Having less sodium in your diet may help you lower or avoid high blood pressure. People with high blood pressure are more likely to develop heart disease or have a stroke.

How much sodium do I need?

Most people eat too much sodium, often without knowing it. One teaspoon of salt contains about 2,300 mg of sodium.

• The average American eats about 3,400 mg of sodium a day.
• All Americans should reduce the amount of sodium in their diet to less than 1,500 mg a day.
• Your doctor may tell you to cut salt out completely.

What are sources of sodium?

Most of the sodium in our diets comes from adding it when food is being prepared. Pay attention to food labels, because they tell how much sodium is in food products.

For example: foods with 140 mg or less sodium per serving are considered low in sodium.

Here’s a list of sodium-containing compounds to limit in your diet:

• Salt (sodium chloride or NaCl)
• Monosodium glutamate (MSG)
• Baking soda and baking powder
• Disodium phosphate
• Any compound that has “sodium” or “Na” in its name

Some over-the-counter and prescription medicines also contain lots of sodium. Talk to your health care provider and make it a habit of reading the labels of all over-the-counter drugs, too.

What foods should I limit?

The best way to reduce sodium is to avoid prepackaged, processed and prepared foods, which tend to be high in sodium. Watch out for the “Salty 6” — the top six common foods that add the most salt to your diet. Read food labels and chose the lowest level of sodium you can find for these items:

(continued)
Why Should I Limit Sodium?

- Breads and rolls
- Pizza
- Soup
- Cold cuts and cured meats
- Poultry
- Sandwiches

These are some other foods can also be sources of “hidden” sodium:
- Cheeses and buttermilk
- Salted snacks, nuts and seeds
- Frozen dinners and snack foods
- Condiments (ketchup, mustard, mayonnaise)
- Pickles and olives
- Seasoned salts, such as onion, garlic and celery salts
- Sauces, such as barbeque, soy, steak, and Worcestershire

How can I cook with less salt and more flavor?
- Avoid adding table salt to foods.
- Use herbs and spices to add flavor to foods.
- Eat fresh fruits, vegetables, lean meats, skinless poultry, fish, and tuna canned in water.
- Choose unsalted nuts and low-sodium canned foods. Cook dried peas and beans.
- Use products made without added salt; try low-sodium bouillon and soups and unsalted broth.
- Rinse canned vegetables, beans and shellfish to reduce salt.
- Sprinkle vinegar or citrus juice on foods just before eating. Vinegar is great on vegetables like spinach.

What about eating out?
Controlling your sodium intake doesn’t mean spoiling the pleasure of eating out. But order carefully. Consider these tips for meals away from home:
- Select fresh greens and fruits when available. Ask for oil and vinegar to top your salad or dressing on the side.
- Be specific about what you want and how you want your food prepared. Request that your dish be prepared without added salt.
- Remember portion control. You can always bring home a to-go box!

HOW CAN I LEARN MORE?

1 Call 1-800-AHA-USA1 (1-800-242-8721), or visit heart.org to learn more about heart disease and stroke.
2 Sign up to get Heart Insight, a free magazine for heart patients and their families, at heartinsight.org.
3 Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at heart.org/supportnetwork.

Do you have questions for the doctor or nurse?
Take a few minutes to write your questions for the next time you see your healthcare provider.
For example:

What's my daily sodium limit?
Is there sodium in the medicine I take?

My Questions:

We have many other fact sheets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Visit heart.org/answersbyheart to learn more.

©2015, American Heart Association
¿Cómo puedo seguir una dieta saludable?

American Heart Association recomienda un plan de alimentación que haga hincapié en la ingesta de verduras, frutas y granos integrales e incluya productos lácteos bajos en grasas, aves, pescados, legumbres (frijoles o guisantes secos), aceites vegetales no tropicales, nueces y semillas. Debe limitar el consumo de sodio, dulces, bebidas endulzadas con azúcar y carnes rojas.

**Verduras**
- Una porción equivale a: 1 taza de verduras de hojas verdes crudas (aproximadamente el tamaño de un puño pequeño); 1/2 taza de verduras crudas o cocidas cortadas; 1/2 taza de jugo de verduras.
- Consuma tipos y colores variados, especialmente las verduras de colores fuertes como la espinaca, la zanahoria y el brócoli.
- Busque verduras frescas, congeladas o enlatadas en agua sin azúcar agregada, grasas saturadas o grasas trans y sin sal.

**Frutas**
- Una porción equivale a: 1 fruta mediana (del tamaño de una pelota de béisbol); ¼ taza de fruta seca; ½ taza de fruta fresca, congelada o en lata; ½ taza de jugo de fruta 100% naturales.
- Consuma tipos y colores variados, especialmente frutas de colores fuertes como el melocotón y las bayas.
- Consuma frutas enteras para obtener todos los nutrientes (como la fibra) que no están presentes en algunos jugos.

**Granos integrales**
- Una porción equivale a: 1 rebanada de pan; 1/2 taza de cereal caliente, 1 taza de cereal en copos; 1/2 taza de arroz o pasta cocida (del tamaño de una pelota de béisbol).
- Por lo menos la mitad de sus porciones deben ser granos integrales ricos en fibras. Elija artículos como pan de trigo integral, galletas de grano integral y arroz integral.
- Trate de consumir cerca de 25 a 30 gramos de fibra de los alimentos cada día.

**Aves, pescados y carne magra (menos de 6 onzas cocidas por día)**
- Una porción de 3 oz es aproximadamente el tamaño de un mazo de cartas, 1/2 pechuga de pollo o 3/4 de taza de pescado desmenuzado.
- Disfrute al menos 2 porciones de pescado horneado o a la parrilla por semana, especialmente pescados ricos en ácidos grasos omega 3 como el salmón, la trucha y el arenque (3 oz de pescado horneado o a la parrilla tiene aproximadamente el tamaño de una chequera).

(continuado)
¿Cómo puedo seguir una dieta saludable?

- Elimine toda la grasa visible de las carnes antes de cocinarla.
- Retire toda la piel de la carne de ave antes de comerla.

**Nueces, semillas y legumbres**
- Una porción equivale a: 1/3 taza o 1 1/2 oz de nueces; 2 cucharadita de mantequilla de maní (sin sal agregada); 2 cucharada o 1/2 oz de semillas; 1/2 taza de legumbres cocidas (frijoles o guisantes secos).
- Agregue frijoles a sus sopas, ensaladas y platos de pasta.
- Pruebe usar nueces en sus ensaladas, salteados o en el yogur.

**Productos lácteos bajos en grasa**
- Una porción equivale a: 1 taza de leche o yogur o 1/2 oz de queso bajo en sodio, sin grasa o bajo en grasas (del tamaño de 6 dados apilados uno sobre el otro).
- Utilizar solo los productos lácteos con 0% a 1% de grasa. La leche 2% no es baja en grasas.
- Consuma solo yogur sin grasas o bajo en grasas sin azúcar agregado.
- Utilice requeson seco, sin grasa o bajo en grasas.
- Los quesos (bajos en sodio, sin grasa o bajos en grasas) no deben tener más de
  - 3 gramos de grasa por onza y no más de
  - 2 gramos de grasa saturada por onza.

¿Dónde puedo obtener más información?

1. Llame al 1-800-AHA-USA1 (1-800-242-8721) o visite heart.org para aprender más sobre las enfermedades del corazón.
2. Suscríbase para recibir Heart Insight, una revista gratuita para pacientes cardiacos y sus familias en heartinsight.org.
3. Conéctese con otras personas que comparten vidas similares con enfermedad del corazón y ataque cerebral, uniéndose a la red de apoyo en heart.org/supportnetwork.

Tenemos muchas otras hojas de datos para ayudarlo a tomar decisiones más saludables para reducir su riesgo, controlar su enfermedad o cuidar a un ser querido. Visite heart.org/respuestasdelcorazon para aprender más.
Sodium in one cup of canned soup can range from 100 to as much as 940 milligrams—more than half of your daily recommended intake. Check the labels to find lower sodium varieties.

A sandwich or burger from a fast food restaurant can contain more than 100 percent of your daily suggested dietary sodium. Try half a sandwich with a side salad instead.

BREADS & ROLLS
Some foods that you eat several times a day, such as bread, add up to a lot of sodium even though each serving may not seem high in sodium. Check the labels to find lower-sodium varieties.

COLD CUTS & CURED MEATS
One 2 oz. serving, or 6 thin slices, of deli meat can contain as much as half of your daily recommended dietary sodium. Look for lower-sodium varieties of your favorite lunch meats.

PIZZA
A slice of pizza with several toppings can contain more than half of your daily recommended dietary sodium. Limit the cheese and add more veggies to your next slice.

POULTRY
Sodium levels in poultry can vary based on preparation methods. You will find a wide range of sodium in poultry products, so it is important to choose wisely.

SOUP
Sodium in one cup of canned soup can range from 100 to as much as 940 milligrams—more than half of your daily recommended intake. Check the labels to find lower sodium varieties.

SANDWICHES
A sandwich or burger from a fast food restaurant can contain more than 100 percent of your daily suggested dietary sodium. Try half a sandwich with a side salad instead.

THE AMERICAN HEART ASSOCIATION RECOMMENDS THAT YOU AIM TO EAT LESS THAN 1,500 MG OF SODIUM PER DAY.

THESE SIX POPULAR FOODS CAN ADD HIGH LEVELS OF SODIUM TO YOUR DIET

DID YOU KNOW?

The American Heart Association recommends that you aim to eat less than 1,500 mg of sodium per day.

When you see the Heart-Check mark on a product, you know the food has been certified to meet nutritional criteria for heart-healthy foods, including sodium.

1. BREADS & ROLLS
2. COLD CUTS & CURED MEATS
3. PIZZA
4. POULTRY
5. SOUP
6. SANDWICHES


©2014, American Heart Association 11/14DS8903
El sodio de un plato de sopa enlatada puede ir de 100 a 940 miligramos – más de la mitad de lo que se recomienda que consumes diariamente. Revisa las etiquetas para encontrar las variedades bajas.

Un sándwich o hamburguesa de un restaurante de comida rápida puede contener más del 100 por ciento del sodio recomendado diariamente. Intenta mejor comer medio sándwich acompañado de ensalada.

Incluso si cada porción que consumes no parece ser alta en sodio, algunos alimentos que comes varias veces al día, como el pan, suman grandes cantidades. Revisa las etiquetas para encontrar las variedades bajas.

Los niveles de sodio en las aves varían según la preparación. Encontrarás un gran rango de sodio en estos productos, así que es importante elegir sabiamente.

El sodio de un plato de sopa enlatada puede ir de 100 a 940 miligramos – más de la mitad de lo que se recomienda que consumes diariamente. Revisa las etiquetas para encontrar las variedades bajas.

Una rebanada de pizza con varios ingredientes puede contener más de la mitad del sodio recomendado diariamente. A tu siguiente rebanada ponle menos queso y más vegetales.

La American Heart Association recomienda que trates de consumir menos de 1,500 mg de sodio al día.

Busca el símbolo de Heart-Check para encontrar productos que te ayuden a tomar decisiones más inteligentes sobre los alimentos que consumes.
High Sodium Foods, Ways to Reduce Sodium

by Kate Silver

It’s no secret that Americans are eating too much sodium. The American Heart Association recommends that we consume no more than 1,500 milligrams of sodium per day, and yet, on average, we consume about 3,400 milligrams. Too much sodium in the diet may lead to an increased risk for stroke, heart failure, osteoporosis, stomach cancer and kidney disease.

Salt is a dangerous habit, made more difficult by the fact that nearly 75 percent of the sodium we eat sneaks its way into our system via prepared and processed foods.

“There’s so much salt in our food supply that most of us, unless we’re really looking for it, may not even be aware,” says Rachel Johnson, Ph.D., M.P.H., R.D., chairperson of the American Heart Association Nutrition Committee and Bickford Professor of Nutrition at the University of Vermont.

From canned goods to restaurant entrees, salt is everywhere. The so-called “salty six” (bread and rolls, cold cuts/cured meat, poultry, soup, sandwiches and pizza) are, perhaps, the best-known offenders. But it’s important to watch out for the less obvious sources as well. Johnson cautioned that we should be more aware of high salt content in the following foods.

Foods high in sodium

- Foods that are pickled
- Foods that are smoked
- Condiments, such as soy sauce, teriyaki sauce, cocktail sauce and ketchup
- Prepared salad dressing
- Foods served in a broth or with au jus
- Some cereals
- Meat, poultry or seafood that has been enhanced with a sodium solution
- Canned beans
- Canned tomatoes
- Processed cheeses, such as American
- Spice mixes that have salt in them

To lower the amount of salt your diet, Johnson shared the following tips.

Read the label and ingredients

Sodium can go by a number of names, including salt, sodium benzoate, disodium or monosodium glutamate. Read the label and be aware of how much you’re consuming so that you remain below 1,500 milligrams per day.
Just a squeeze will do

Citrus is a great salt substitute. A squeeze of lemon or lime can really heighten flavor.

Spice it up

Play around with your favorite fresh herbs and spices. Here are some ideas:

- **Basil**: Fish, lamb, lean ground meats, stews, salads, soups, sauces, fish cocktails
- **Chives**: Salads, sauces, soups, lean meat dishes, vegetables
- **Cinnamon**: Fruits (especially apples), breads, pie crusts
- **Curry powder**: Lean meats (especially lamb), veal, chicken, fish, tomatoes, tomato soup, mayonnaise
- **Dill**: Fish sauces, soups, tomatoes, cabbages, 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
- **Ginger**: Chicken, fruits
- **Mustard (dry)**: Lean ground meats, lean meats, chicken, fish, salads, asparagus, broccoli, Brussels sprouts, cabbage, mayonnaise, sauces
- **Nutmeg**: Fruits, pie crust, lemonade, potatoes, chicken, fish, lean meat loaf, toast, veal, pudding
- **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
- **Peppermint extract**: Puddings, fruits
- **Rosemary**: Chicken, veal, lean meat loaf, lean beef, lean pork, sauces, stuffings, potatoes, peas, lima beans
- **Sage**: Lean meats, stews, biscuits, tomatoes, green beans, fish, lima beans, onions, lean pork
- **Thyme**: Lean meats (especially veal and lean pork), sauces, soups, onions, peas, tomatoes, salads
- **Turmeric**: Lean meats, fish, sauces, rice

Choose low- or no-sodium labels

Whether you’re shopping for canned vegetables, beans, soup, tomatoes or any other potentially high sodium items, opt for the choice that has the lowest amount of sodium. Also, by cooking your own meals (start out by following these recipes) and avoiding processed foods, you can cut down drastically on the amount of salt you consume.

Find the right substitute

Many salt substitutes are made from potassium chloride. This is a good thing, because Americans need more potassium in their diet, and potassium can help lower blood pressure. Try a few substitutes and see if you like them. Discovering the best one for you is a matter of personal taste.

Don’t put the saltshaker on the table

It’s a simple method, but it can be effective. Too often, we salt our food without thinking twice about it. By removing the saltshaker from your view, you’re less likely to be tempted by it.

Spice Things Up

Don’t let your spice rack collect dust on your kitchen counter! Turn your next ordinary meal into a savory and aromatic delight with a dash of spices and herbs. Spices and herbs add flare to meals without adding calories, fat, salt, or artificial flavors. The table below highlights several well-known spices and herbs, providing a brief description on common food pairings and characteristics. Get creative in the kitchen with spices and herbs!

<table>
<thead>
<tr>
<th>Spice</th>
<th>Best Used With…</th>
<th>Characteristics</th>
<th>Spice</th>
<th>Best Used With…</th>
<th>Characteristics</th>
</tr>
</thead>
<tbody>
<tr>
<td>ALLSPICE</td>
<td>Cookies, cakes, fruit pies, sweet potatoes, carrots, BBQ sauce</td>
<td>Pungent, spicy</td>
<td>MINT</td>
<td>Chutney, fruit salads, vegetable salads, peas, dressings, beverages</td>
<td>Sweet, fresh, cool, dominant</td>
</tr>
<tr>
<td>BASIL</td>
<td>Pesto sauce, salad dressings, salads, soups, tomatoes, cucumbers</td>
<td>Sharp, spicy, full bodied</td>
<td>NUTMEG</td>
<td>Fruits, specialty beverages, sauces, custards</td>
<td>Large amounts — sharp, spicy</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Small amounts — pungent</td>
<td>Small amounts — pungent</td>
</tr>
<tr>
<td>CHERVIL</td>
<td>Green salads, fish, shellfish, chicken, eggs, peas, green beans, tomatoes</td>
<td>Available in both its fresh &amp; dried forms, chervil is reminiscent of a blending of tarragon and parsley</td>
<td>OREGANO</td>
<td>Tomatoes, mixed rice, Mexican foods, soups, pastas, meat-based stews</td>
<td>Full bodied, fresh</td>
</tr>
<tr>
<td>CINNAMON</td>
<td>Spice cakes and cookies, fruits and squash pies, custard, fruit sauces, carrots, winter squash, sweet potatoes</td>
<td>This reddish-brown powder is also available in stick form. Often used as a staple in baking and is bitter, yet sweet seasoning.</td>
<td>PAPRIKA</td>
<td>Meals with green or light-colored vegetables, chili, soups, stew</td>
<td>Large amounts — sharp, spicy</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Small amounts — for garnish</td>
<td>Small amounts — for garnish</td>
</tr>
<tr>
<td>CLOVE</td>
<td>Spice cakes and cookies, quick breads, fruit pies, fruit sauces</td>
<td>The small dried buds are strong in taste and must be used with discretion when cooking; they are sweet and savory</td>
<td>PARSLEY</td>
<td>Soups, stocks, cream and tomato sauces, salads, salad dressings, poultry, game, meats, fish, shellfish, most vegetables</td>
<td>Curled parsley — mild in taste</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Flat leafed Italian cousin — much headier</td>
<td></td>
</tr>
<tr>
<td>CUMIN</td>
<td>Soups, stews, corn, Mexican dishes</td>
<td>Rich, full bodied, earthy</td>
<td>PEPPER</td>
<td>Vegetables, soups, salads, dips, sauces, dressings, meats, poultry</td>
<td>Large amounts — spicy, hot</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Small amounts — for garnish</td>
<td></td>
</tr>
</tbody>
</table>
### How Long To Keep Your Spices

Spices and herbs are not created equal when it comes to shelf life. The table below provides a brief summary on storage times for different variations of spices and dried herbs. When seeking longevity, opt for whole spices and herbs.

<table>
<thead>
<tr>
<th>Seasoning</th>
<th>Storage Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WHOLE</strong></td>
<td>2–5 years</td>
</tr>
<tr>
<td><strong>GROUND SPICES</strong></td>
<td>6 months–2 years</td>
</tr>
<tr>
<td><strong>LEAFY HERBS</strong></td>
<td>3 months–2 years</td>
</tr>
<tr>
<td><strong>DEHYDRATED VEGETABLES</strong></td>
<td>6 months</td>
</tr>
</tbody>
</table>

### Spices and Characteristics

- **Dill**: Cole slaw, tossed salad, chicken, mixed vegetables, dips, dressings. Slightly sharp, tangy, dominant.
- **Garlic**: Meats, soups, stews, dips, sauces, breads, any vegetables. Pungent, robust, fragrant.
- **Rosemary**: Game, poultry, meats, potatoes, mushrooms, stuffing. Whether fresh or dried, this delightfully fragrant herb gives off a heady scent.
- **Sage**: Stuffing, chicken, duck, goose, pork, sausage. Large amounts — May create a bitter taste if used too heavily. Small amounts — Heady, lemony zest.
- **Ginger**: Ground in cakes, cookies, fruits and squash pies, crystallized & preserved in cakes and cookies; fresh (sliced or grated) in marinades and with fresh poultry, pork, meat, vegetables, & teas. Ginger produces a hot, fragrant kitchen spice. Young ginger rhizomes are juicy and fleshy with a very mild taste.
- **Mace**: Spice cakes and cookies, fruit desserts, carrots, broccoli, Brussel sprouts, cauliflower. A more diluted version of nutmeg, is used in the form of dried blades or ground powder & is actually the casing that encloses nutmeg.
Many store bought condiments, like salad dressings and soy sauce, are high in salt. Lower sodium versions exist but they aren’t available everywhere or may still have a lot of salt.

As a tasty alternative, whip up your own condiments in your kitchen – you’ll save money, too!

**Ketchup**

Most store-bought ketchups aren’t too high in salt as long as you use only a tablespoon or less. These ketchups usually have extra sugar added in the form of high fructose corn syrup, another unwanted addition.

**If you use ketchup often, here are some heart-healthy options to try:**

- Look for low-sodium or no-salt-added, no-added-sugar versions.
- Try homemade salsa for a topping – you still get that tomato flavor but with less processed ingredients.
- Make your own! Cook the following ingredients together on the stove at medium heat for an hour, adjusting the amounts to your liking:
  - 1 (6 ounce) can low sodium tomato paste
  - 1 tablespoons brown sugar or substitute sugar-brown sugar blend
  - 1 teaspoon garlic powder
  - 1 teaspoon onion powder

**Hot Sauce**

There are thousands of types of hot sauces from around the world. Their common ingredient? Chili peppers! Unfortunately, many of these sauces are high in sodium.

Here are some other ways to add heat to your food:

- Use chopped hot peppers, like jalapeno, poblano or chipotle as an ingredient or a topping. Get these tips or [cooking with peppers](#)!
- Try a few dashes of red pepper flakes or cayenne pepper.
- Make your own! Blend together in a blender:
  - 2 jalapeno peppers with seeds
  - 2 garlic cloves
  - 2 tablespoons vinegar
  - 1 (6 ounce) can low sodium tomato paste
Salad Dressings

Sodium levels in store bought dressings vary from medium to sky high. Often the ‘light’ or ‘fat free’ versions have even more than the original! It’s easy to make your own, try any of these homemade dressing recipes that you can tweak to your liking.

**Soy Sauce**

Soy sauce is extremely high in salt - in fact, just 1 tablespoon provides more than half of the daily 1,500mg amount of sodium that the American Heart Association recommends! The reduced-sodium versions are still fairly high.

Instead, try this simple recipe that mimics the savory, meaty flavor of soy sauce:

- 1 cup low sodium beef or vegetable broth
- 1 tablespoon vinegar (balsamic, cider or rice)
- 2 teaspoons molasses or brown sugar or substitute sugar-brown sugar blend
- 1/8 teaspoon of each: ginger powder, garlic powder, black pepper & salt

Whisk all ingredients in pot. Bring to a boil; cook 1 minute then reduce heat to medium. Cook for another 10 minutes. Remove from heat and cool.

**Note:** This recipe is a good substitute for other Asian condiments that tend to be high in salt like fish, hoisin, oyster and teriyaki sauces.

**Try these other heart-healthy condiment recipes:**

- Mayonnaise
- Mustard
- Tartar Sauce

Article copyright © 2015 American Heart Association. This recipe/article is brought to you by the American Heart Association’s Simple Cooking with Heart © Program. For more articles and simple, quick and affordable recipes, visit heart.org/simplecooking.

*Last reviewed 1/2015*

Source: [http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/SimpleCookingwithHeart/Healthier-Condiments_UCM_445176_Article.jsp#.Vmm-vdIrKUK](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/SimpleCookingwithHeart/Healthier-Condiments_UCM_445176_Article.jsp#.Vmm-vdIrKUK)
Monthly Health Challenge: Jump Rope Challenge

Jumping rope is an excellent cardiovascular exercise that can help in weight reduction by burning up to 10 calories per minute. Jumping rope can also help you improve muscle tone in your lower body, hand-eye coordination, and stamina. This great exercise also reduces the risk of heart diseases like high blood pressure or stroke.

Is there just one way to do a jump rope? The answer is no. Here are four simple variations that almost anyone could do:

- **Basic Jump**: To do the basic jump, swing the rope over and jump as it passes through your feet. At this stage, you don’t need to jump high. Just try to get through the rope and landing on both feet.
- **Alternating Jumps**: Swing the rope over your head and jump as the rope passes through your feet. Instead of landing on both feet, land on the right foot first. On the next turn, land on your left next. When you do this, you should seem like you’re jogging in place.
- **Combination Jump**: The combo jump is a mixture of the first two moves. First, do the alternating jumps around 8 times, then quickly shift to the basic jump 8 times. Repeat this pattern until time is up.
- **Higher Jump**: Start off with the alternating jumps, but make sure to raise your knee farther up while jumping.

For beginners, follow the Easy Track (E). If you are more advance, follow the Challenging Track (C).

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 (E) 2 Minutes</td>
<td>7 (E) Rest</td>
<td>8 (E) 2 Minutes</td>
<td>9 (E) 2 Minutes</td>
<td>10 (E) 3 Minutes</td>
<td>11 (E) Rest</td>
<td>12 (E) 3 Minutes</td>
</tr>
<tr>
<td>(C) 6 Minutes</td>
<td>(C) Rest</td>
<td>(C) 6 Minutes</td>
<td>(C) 7 Minutes</td>
<td>(C) 7 Minutes</td>
<td>(C) 8 Minutes</td>
<td>(C) 8 Minutes</td>
</tr>
<tr>
<td>13 (E) 3 Minutes</td>
<td>14 (E) 4 Minutes</td>
<td>15 (E) Rest</td>
<td>16 (E) 5 Minutes</td>
<td>17 (E) 5 Minutes</td>
<td>18 (E) Rest</td>
<td>19 (E) Rest</td>
</tr>
<tr>
<td>(C) 9 Minutes</td>
<td>(C) Rest</td>
<td>(C) 10 Minutes</td>
<td>(C) 10 Minutes</td>
<td>(C) 11 Minutes</td>
<td>(C) 12 Minutes</td>
<td>(C) 12 Minutes</td>
</tr>
<tr>
<td>20 (E) 7 Minutes</td>
<td>21 (E) 7 Minutes</td>
<td>22 (E) 8 Minutes</td>
<td>23 (E) Rest</td>
<td>24 (E) 8 Minutes</td>
<td>25 (E) 9 Minutes</td>
<td>26 (E) 9 Minutes</td>
</tr>
<tr>
<td>(C) 12 Minutes</td>
<td>(C) 15 Minutes</td>
<td>(C) 15 Minutes</td>
<td>(C) 16 Minutes</td>
<td>(C) 16 Minutes</td>
<td>(C) 18 Minutes</td>
<td>(C) 18 Minutes</td>
</tr>
<tr>
<td>27 (E) Rest</td>
<td>28 (E) 10 Minutes</td>
<td>29 (E) 12 Minutes</td>
<td>30 (E) 15 Minutes</td>
<td>31 (E) 15 Minutes</td>
<td>(C) 20 Minutes</td>
<td>(C) 20 Minutes</td>
</tr>
<tr>
<td>(C) 20 Minutes</td>
<td>(C) 22 Minutes</td>
<td>(C) 25 Minutes</td>
<td>(C) 25 Minutes</td>
<td>(C) 25 Minutes</td>
<td>(C) 20 Minutes</td>
<td>(C) 20 Minutes</td>
</tr>
</tbody>
</table>

Source: [http://30dayfitnesschallenges.com/](http://30dayfitnesschallenges.com/)
Chef Raquel graduated with highest honors from the culinary program at the Institute of Culinary Education after completing her externship at Le Bernardin in NYC. In 2009, Chef Raquel created A Pinch of Salt, offering hands-on cooking instruction and recreational classes focusing on the preparation of healthy, gourmet, yet practical meals. Currently, Chef Raquel is working closely with The Council of Churches of Greater Bridgeport (CCGB) providing extensive cooking education at local food pantries and community meal kitchens. Chef Raquel is passionate about educating youth groups, families, seniors and communities on the importance of healthy cooking, understanding nutritional information, stretching food dollars, utilizing farmers’ markets and community gardens.

Simple Corn Chowder
Serves 6-8

**Ingredients:**
- 2 tbs. unsalted butter or olive oil
- 1 medium onion, diced
- 1 clove of garlic, minced
- 2 russet or Idaho potatoes, scrubbed, peeled and diced
- 1-10oz bag of frozen cauliflower, thawed or 1 head of fresh cauliflower
- Few springs of thyme or 1 Tbs. dried thyme
- Kernels of 6 ears of corn or 1-160z bag of frozen sweet corn, reserve 1/2 cup of corn
- 1 box of low sodium chicken or vegetable stock or broth or water
- Salt & pepper to taste

**Directions:**
1. In a large stock pot melt 2 tablespoons of butter or heat 2 tbs. of olive oil.
2. Add onion and cook until golden approximately 8 to 10 minutes over medium low heat. Add garlic and cook for 30 seconds.
3. Next add potatoes, corn, cauliflower, thyme and chicken or vegetarian stock/broth. If needed add enough water to just cover the vegetables. Cook until potatoes and cauliflower are tender, approximately 25-30 minutes.
4. Carefully pour soup in batches into a blender or use an immersion blender to purée the soup. If the soup is too thick, add a bit of water, milk or broth. Add reserved corn kernels to soup. Adjust seasoning with salt and pepper, serve and enjoy!

**Chef Notes:**
You can make this completely dairy free by replacing butter with olive oil and adding water or broth to loosen the consistency of the soup if necessary.

**Helpful hint:**
The cauliflower in the dish adds creaminess. Add cauliflower the next time you make mashed potatoes from scratch!

Chef Raquel Rivera-Pablo

347-746-SALT (7258)
www.apinchofsalt.com
Raquel@apinchofsalt.com