Healthy Eats for a Healthy Beat

Sodium and Healthy Hearts
Sodium is a mineral required by the body for normal functions, such as moving fluids between cells, signaling nerves and regulating blood pressure.

**Daily Sodium Goal**

Healthy Adult: **2,300mg** or less per day
Health Conditions: **1,500mg** daily or less for those with health conditions

Salt is Salt is Salt
All salts, except sodium-free salt substitutes, have similar amounts of sodium. No salt is "healthier" than another.

**SALT SUBSTITUTES MAY INTERACT WITH CERTAIN MEDICATIONS. CHECK WITH YOUR HEALTHCARE PROVIDER!**

Dietary Approach to Stop Hypertension

**Blood Pressure Guidelines**
- Normal: 120mm Hg/<80mm Hg
- Elevated: 120-129mm Hg/<80mm Hg
- Hypertension
  - Stage 1: 130-139mm Hg/80-89mm Hg
  - Stage 2: 140mm Hg/90mm Hg
### Understanding the Label

<table>
<thead>
<tr>
<th>Nutrient Content Claims</th>
<th>Definition (Per Serving)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sodium-free or Salt-free</td>
<td>Less than 5 milligrams sodium</td>
</tr>
<tr>
<td>Very Low Sodium</td>
<td>35 milligrams or less sodium</td>
</tr>
<tr>
<td>Low Sodium</td>
<td>140 milligrams or less sodium</td>
</tr>
<tr>
<td>Reduced or Less Sodium</td>
<td>At least 25% less sodium*</td>
</tr>
<tr>
<td>Light in Sodium</td>
<td>50% less sodium*</td>
</tr>
<tr>
<td>Unsalted or No Added Salt</td>
<td>No salt added during processing; does not necessarily mean sodium-free</td>
</tr>
</tbody>
</table>

* As compared with a standard serving size of the traditional food

### WHERE’S THE SODIUM?

- Processed foods
- Prepared foods
- Breads, rolls, buns
- Soup
- Lunchmeat and cured meats
- Pizza
- Poultry
- Pasta sauces
- Restaurant foods

### SHOPPING TIPS

- Buy no/low sodium canned vegetables, sauces, and soups
- Select frozen entrees with less than 600 mg. sodium per serving
- Choose lightly salted snacks and nuts
- Fresh unprocessed foods have very little sodium

### Rinse Canned Vegetables or Beans to Reduce Sodium by 40%!
Most Sodium Consumed Comes from Processed and Restaurant Foods

- Naturally occurring, 14%
- Added at the table, 5%
- Home cooking/preparation, 6%
- Other, <1%


Additional Resources:
https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium
https://dashdiet.org/

References:
Dietary Guidelines for Americans 2015-2020, USD
USDA Food Composition Databases

Mary Liz Wright, University of Illinois Extension, Nutrition & Wellness
Serving counties Clark, Crawford & Edgar

Lisa Peterson, University of Illinois Extension, Nutrition & Wellness
Serving counties Christian, Jersey, Macoupin & Montgomery

Susan Glassman, University of Illinois Extension, Nutrition & Wellness
Serving counties Bureau, LaSalle, Marshall & Putnam

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INGREDIENTS

12 oz. cauliflower rice
8 oz. sliced mushrooms, washed
½ red onion, washed & chopped
1 small zucchini, washed & diced
1 red pepper, washed & diced
½ cup carrot, washed & chopped
1 cup green onion, washed & chopped
2 Tablespoons olive oil
1 teaspoon garlic powder
1 Tablespoon Italian seasoning
½ teaspoon ground black pepper
1-2 limes, washed, zested, and juiced

DIRECTIONS

1. Wash hands with soap and water. Add olive oil to a hot skillet
2. Sauté, caramelize onions
3. Add carrots, mushrooms, red pepper and sauté till browned
4. Stir in zucchini, lightly sautéed (still crispy)
5. Layer cauliflower rice, cook and toss together
6. Season with garlic, Italian seasoning, black pepper
7. Toss in chopped green onion

Nutrition Facts

Per 1 of 4 servings

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories 130</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat 7g</td>
<td>9%</td>
</tr>
<tr>
<td>Saturated Fat 1g</td>
<td>6%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 210mg</td>
<td>9%</td>
</tr>
<tr>
<td>Total Carbohydrate 16g</td>
<td>6%</td>
</tr>
<tr>
<td>Dietary Fiber 5g</td>
<td>18%</td>
</tr>
<tr>
<td>Total Sugars 6g</td>
<td></td>
</tr>
<tr>
<td>Includes 0g Added Sugars</td>
<td>0%</td>
</tr>
<tr>
<td>Protein 3g</td>
<td></td>
</tr>
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*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
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<table>
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<tr>
<th>Serving size Per 1 of 4 servings (225g)</th>
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<tr>
<td>Amount per serving</td>
</tr>
<tr>
<td>Total Fat 7g</td>
</tr>
<tr>
<td>Saturated Fat 1g</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
</tr>
<tr>
<td>Sodium 35mg</td>
</tr>
<tr>
<td>Total Carbohydrate 15g</td>
</tr>
<tr>
<td>Dietary Fiber 4g</td>
</tr>
<tr>
<td>Total Sugars 6g</td>
</tr>
<tr>
<td>Includes 0g Added Sugars</td>
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