Rainbow “Rice”

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

<table>
<thead>
<tr>
<th>Serving size</th>
<th>Per 1 of 4 servings (225g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per serving</td>
<td>Calories 120</td>
</tr>
<tr>
<td>Total Fat</td>
<td>7g (9%)</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g (5%)</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg (0%)</td>
</tr>
<tr>
<td>Sodium</td>
<td>35mg (2%)</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>15g (5%)</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g (14%)</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>6g</td>
</tr>
<tr>
<td>Includes 0g Added Sugars</td>
<td>0%</td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>0mcg (0%)</td>
</tr>
<tr>
<td>Calcium</td>
<td>47mg (4%)</td>
</tr>
<tr>
<td>Iron</td>
<td>1mg (6%)</td>
</tr>
<tr>
<td>Potassium</td>
<td>499mg (10%)</td>
</tr>
</tbody>
</table>

*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.
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**

### Nutrient Content Claims

<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*

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**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

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**Where’s the Sodium?**

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