



## 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 Sautee 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
8. Zest lime and squeeze over stir-fry. **Makes 4 servings.**

### Nutrition Facts

servings per container  
**Serving size** Per 1 of 4 servings (225g)

Amount per serving

**Calories** **120**

% Daily Value\*

<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 35mg	<b>2%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 47mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 499mg	<b>10%</b>

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



## Salt is Salt is Salt

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

## 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



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**READ THE LABEL**

**Nutrition Facts**

8 servings per container  
**Serving size 2/3 cup (55g)**

**Amount per serving**  
**Calories 230**

	% Daily Value*
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

**WHERE'S THE SODIUM?**

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

**Understanding the Label**

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

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

**SHOPPING TIPS**

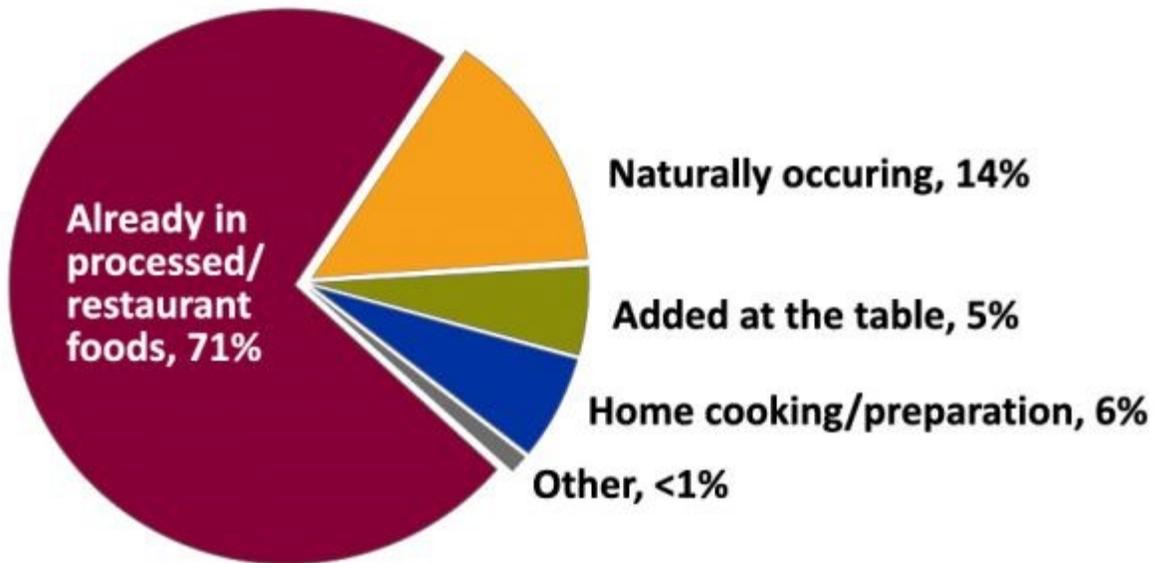
- Buy no/low sodium canned vegetables, sauces, and soups
- Select frozen entrees with less than 600 mg. sodium per serving
- Choose lightly salted snacks and nuts
- Fresh unprocessed foods have very little sodium



**RINSE CANNED VEGETABLES OR BEANS TO REDUCE SODIUM BY 40%!**



## Most Sodium Consumed Comes from Processed and Restaurant Foods



Harnack LI, Cogswell ME, Shikany JM, et al. Sources of Sodium in US Adults from 3 Geographic Regions. *Circulation*. 2017;135:1775-1783.



### Additional Resources:

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium>  
<https://dashdiet.org/>  
[https://www.cdc.gov/salt/pdfs/sodium\\_dietary\\_guidelines.pdf](https://www.cdc.gov/salt/pdfs/sodium_dietary_guidelines.pdf)

### References:

American Heart Association. High Blood Pressure. Dietary Guidelines for Americans 2015-2020, USD  
USDA Food Composition Databases

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