

# EFNEP Newsletter

*Produced by Cornell Cooperative Extension February 2022*

*For more information about this and other Oswego County programs, call 315-963-7286.*

## Keep a Lid on Sodium

February is known as American Heart Month® and sodium in food we eat plays an important role in heart health. The Dietary Guidelines for Americans 2020-2025 encourages all Americans to choose foods and beverages with less sodium. So what does that mean and how can you start to reduce the amount of sodium your family consumes?

According to the Dietary Guidelines, the average American, aged 1 and older, consumes more than 3,300 milligrams (mg) of sodium each day. The recommended amount of sodium is 2300mg per day for anyone aged 14 and older. Sandwiches make up 21% of the sodium consumed (this includes hot dogs, burritos and tacos) and 8% from mixed rice and pasta dishes (excluding macaroni and cheese) and 5% from pizza. Too much sodium in your diet can increase your blood pressure, cause dehydration, affect how your blood clots and can stiffen your arteries making your heart work harder to get blood pumped around your body.

Follow these tips from MyPlate to reduce sodium in your family's diet and help keep hearts strong:

1. Read the Nutrition Facts Label. You can see how much sodium is in one serving of the food or beverage and you can use this information to make lower sodium choices.
2. Eat a variety of fresh and frozen (without added sauces) vegetables and fruit. These are very low in sodium. When you choose canned vegetables, rinse them with water before eating or using in a recipe.
3. Look for key words on food packages—brined, cured, salted, pickled all tend to have high amounts of sodium.
4. Make meals at home. Most of the sodium we eat comes from commercial processed and prepared foods and beverages which includes foods prepared at restaurants and take out locations.
5. Pick your flavor. Sodium free herb and spice blends are available in almost any combination you can imagine. Enjoy Mexican, Italian, Jerk or Greek flavors? You'll find a spice blend for that!



The **EFNEP** program provides nutrition education to income-eligible families and children in counties throughout New York State.

**A series of 8 classes is offered to adults in a variety of settings, including by Zoom and phone.**

Workshop series include:

- Family Nutrition Education Curriculum
- Finding A Balance —Diabetes
- Healthy Children, Healthy Families
- Families Healthy Cents Breastfeeding

**A series of 6 classes is offered to youth aged 8-12 in school and at after school locations.**

Workshop series include:

- Choose Health: Food, Fun and Fitness
- Cooking Up Fun! Vary our Veggies
- Teen Cuisine

If you or your organization are interested in scheduling classes, please call your local nutrition educator:

SallyAnn Danforth  
Cornell Cooperative  
Extension of Oswego County  
315-297-5415  
sd848@cornell.edu

# KORNER

## IDS

Looking for something to do with your elementary aged children over Winter Break? Borrow Explore Winter! 25 Great Ways to Learn about Winter by Maxine Anderson and Alexis Frederick-Frost (Illustrator) from your local public library. This book is jam packed with experiments and projects to help your children learn more about winter and includes indoor and outdoor activities.

## Honey Mustard Dressing

Make 6 servings

Serving size 2 tablespoons

### Ingredients

- 1/2 cup low fat plain yogurt
- 3 tablespoons 1% or nonfat milk
- 1 tablespoon of honey
- 2 teaspoons of prepared mustard (any type)

### Directions

1. Wash hands with soap and water.
2. Combine yogurt, milk, honey and mustard in a small bowl and stir until smooth. Cover and chill for 30 minutes in the refrigerator.
3. Refrigerate leftovers within 2 hours.

Notes: *Honey should not be fed to children under 1 year old.*

For a stronger mustard flavor, add an extra teaspoon or two of mustard.

Perfect for your favorite salad!

**Nutrition facts for 2 tablespoons:** 30 calories, 0g total fat, 0g saturated fat, 0mg cholesterol, 35mg sodium, 5g total carbohydrate, 0g dietary fiber, 5g total sugars, 3g added sugars, 1g protein, 0% Vitamin D, 4% calcium, 0% iron, 2% potassium, 0% calories from fat

Source: [www.foodhero.org](http://www.foodhero.org) Oregon State University, Oregon State Extension Service

