

February
2022

EAT BETTER FOR LESS



Show Your Heart How Much You Care By Saving the Salt

February is American Heart Month. Did you know most Americans eat too much salt? Higher levels of salt in our diet can raise blood pressure, leading to heart disease or stroke. While heart disease is the leading cause of death in the U.S., small changes to our diet help prevent it. To reduce salt in your diet, try these tips:



Avoid adding salt to your food during cooking or reduce the amount of salt you add.

Use flavorings other than salt, such as spices and herbs, citrus juices and zest, or flavored vinegars.



Limit fast foods and pre-packaged processed foods.



Check food labels for salt and compare brands for lower sodium. Look for sodium-free options.

Frozen vegetables are usually lower in sodium than canned vegetables, but you can find “low sodium” or “no added salt” option of canned vegetables too. Try draining the canned food and rinsing them with water before cooking.



Eat more fresh fruits and vegetables, lean meats, seafood, and poultry.

Try following the DASH (Dietary Approaches to Stop Hypertension) Plan. Learn more here:

https://www.nhlbi.nih.gov/files/docs/public/heart/hbp_low.pdf



For more money-saving tips or to sign up for our free classes, visit <https://www.eatgathergo.org>



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Purduenep



Purdue Extension

Nutrition Education Program



Resources: <https://food.unl.edu/free-resource/test-your-salt-savvy>,
<https://www.extension.purdue.edu/extmedia/CFS/CFS-748-2-W.pdf>
<https://www.eatgathergo.org/indian-vegetable-and-rice-skillet-meal/>

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Indian Vegetable and Rice Skillet

Ingredients

- 2 teaspoons vegetable oil
- 1 onion, chopped
- 1 teaspoon ginger, fresh or 1/2 teaspoon ground
- 1/2 teaspoon turmeric
- 1/2 teaspoon ground cumin
- 2 cups mixed vegetables, chopped (try cauliflower, peppers, carrots or peas)
- 1 large baking potato, peeled and diced
- 1 cup white rice, uncooked
- 1/2 teaspoon salt (optional)
- 2 1/2 cups water
- 1 can (15.5 ounces) kidney beans, drained and rinsed

Directions

1. Heat oil in a large skillet over medium heat (300 degrees in an electric skillet).
2. Add onion, ginger, turmeric, and cumin, and stir while cooking for 1 minute.
3. Add remaining ingredients. Bring to a boil, cover, and reduce heat.
4. Simmer 20-25 minutes. Serve hot. Refrigerate leftovers within 2 hours.