

# Nutrition Notables

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## Special points of interest:

- Learn how improve your health by limiting your sodium!
- Enjoy a quick and tasty chicken recipe!

## Inside this issue:

- Recipe Box— 2  
Saucy Lemon  
Chicken
- Salt Sensible— 2  
Continued

## Salt Sensible

The average American consumes about 3,436mg of sodium a day. This is twice the recommended 1,500-2,000mg per day. Consuming that much sodium is known to be bad for the body. Too much sodium can raise your blood pressure which is the leading risk factor for strokes and heart attacks. Too much sodium in your diet can also cause fluid retention, which can be a problem with kidney failure, liver failure or congestive heart failure.

So where does all this sodium we're eating come from? Surprisingly, only 5% of that comes from salt added to our food at the table. This doesn't mean you shouldn't take your salt



shaker off the table. That's an excellent place to start to reduce your sodium intake. Instead replace the salt shaker with herbs, spices, salsa, or hot peppers. Watch out for herb and spice blends that contain salt as well. For instance Lowry's Season Salt and Accent still contain a significant amount of salt.

Also, sea salt and Kosher salt contain the same amount of sodium as table salt. So switching to them will not help you reduce your sodium intake.

After removing the salt shaker from the table, stop using it in your cooking as well. This will take another 6% of the sodium out of your diet.

12% of your sodium comes from natural sources. There isn't really anything you can do to avoid this, so you just have to count it toward your daily intake.

Finally, the biggest source of sodium, at 77% of our daily intake, is from processed foods. Some of the highest sources of sodium are sandwiches, pizza, hamburgers/cheeseburgers, Mexican entrees and Italian



## Be Salt Sensible and Break the Sodium

style pasta dishes. These alone are 44% of the average person's intake.

All that sodium in the foods we buy can make it seem like an impossible task to reduce our sodium intake to the recommended guidelines. Fortunately, despite that fact it can be a possibility.

First, always shop for low sodium items. Many companies are now offering lower sodium options for their foods.

Buy fresh, frozen or canned items without salt as often as you can.

Next, pick sodium-free or

## Recipe Box—Saucy Lemon Chicken



- 2 tablespoons flour
- 1/4 teaspoon McCormick® Black Pepper, Coarse Ground
- 1 pound thinly sliced boneless skinless chicken breasts
- 1 tablespoon olive oil
- 1 cup reduced sodium chicken broth
- 2 teaspoons McCormick® Perfect Pinch Salt Free Original All Purpose Seasoning
- 2 tablespoons lemon juice

1. Mix flour and pepper in shallow dish. Moisten chicken lightly with water. Coat evenly with flour mixture.
2. Heat oil in large nonstick skillet on medium heat. Add 1/2 of the chicken; cook 3 to 4 minutes per side or until golden brown. Repeat with remaining chicken. Add broth and Seasoning; bring to boil. Reduce heat to low; cover and simmer 10 minutes. Remove chicken to serving dish; keep warm.
3. Bring sauce to boil. Cook, uncovered, until slightly thickened, stirring frequently. Add lemon juice. Spoon sauce over chicken.

Serves 4. Per serving: 187 Calories, 7g fat, 4g carbohydrate, 72mg cholesterol, 206mg sodium, 27g protein

Recipe compliments of McCormick & Company. For more great low sodium recipes from McCormick visit: [www.mccormick.com](http://www.mccormick.com)

## Salt Sensible—Continued



**One teaspoon of salt contains 2,300mg of sodium and one teaspoon of baking soda has 1,000mg!**

low sodium broths, bouillons, and soups.

When buying dairy products, try to choose the lowest sodium possible. Also remember to look for low fat as well.

Switch from salty snack foods to lower sodium choices like fruit, vegetables with low sodium dip, low sodium cheese and crackers, unsalted nuts, unsalted seeds, and unsalted pretzels.

And don't forget eating out. Always ask how foods are prepared and ask them

to not add salt to your food.

Something else to watch for is over the counter medications. Many contain high levels of sodium. Check the ingredient list to see if there is sodium added. When in doubt, you can always ask the pharmacist also.

Many people shy away from removing the salt from their diet because they find their food does not taste as good to them without it. Salt is a learned taste for us and that means we can unlearn it. It takes

about 8-12 weeks for our taste buds to adjust to the changes in salt content. If you start eliminating sodium, rapidly you may find that things taste like "cardboard". If you do, bear with it and it will get better. If you really don't think you can go "cold turkey" start gradually reducing your sodium until you reach the recommended amount. Either way you chose to do so will be an improvement in your diet and health in the end!