

Save on Sodium...Spice it Up!

Did you know about 90% of Americans, ages two and older, consume too much sodium on a regular basis? Consuming too much sodium is bad for one's health. Eating a diet low in sodium can help to reduce blood pressure and thus, risk of heart disease. The majority of our sodium intake comes in the form of salt. The American diet consists of a lot of packaged and processed foods, both of which are very high in sodium. As a result, we end up inadvertently over consuming sodium on a regular basis. Adults should aim to consume no more than **2,300 mg** of salt each day which is about the equivalent of a teaspoon. If you have high blood pressure, diabetes, chronic kidney disease, are over the age of 51, or if you are African American, the recommendation is to consume no more than **1500mg** of sodium per day.

One of the ways to decrease the amount of sodium in your diet is to begin seasoning foods with spices instead of salt. Spices and herbs are a very economical way to add flavor to the same old foods that you are used to consuming. Ginger, oregano, basil, pepper, paprika, garlic....the list goes on! This chart shows examples of how to add new flavors to your favorite foods.

If you are looking for meal ideas to incorporate some of these spices, there are a number of healthy, low sodium recipes on the MyActiveHealth portal. Follow these steps to access the **Healthy Recipe** data base:

MAH Home Page → My Action Plan → Resources → Healthy Recipes

Herb & Spice Match Up

Chicken	Rosemary, thyme, sage, oregano
Fish	Rosemary, dill, paprika
Beef	Bay leaf, sage, thyme
Pork	Garlic, sage, oregano
Potatoes	Parsley, rosemary, thyme
Tomatoes	Oregano, parsley, basil
Carrots	Rosemary, sage, dill
Green beans	Thyme, dill, oregano
Summer squash	Paprika, parsley, sage
Winter squash	Cinnamon, ginger, nutmeg

Grilled Pork Tenderloin with Asian Sauce

Prep time **Cook time** **Yields** **Serving Size**

15 minutes 30 minutes 4 servings 3 oz pork

Ingredients

- 1 (2lb) unseasoned pork tenderloin
- ½ Tbsp garlic, minced or pressed (about 1 clove)
- 2 Tbsp fresh ginger, minced (or 1tsp ground)
- 1 Tbsp fish sauce
- 1 Tbsp lite soy sauce
- ½ Tbsp granulated sugar
- 1 Tbsp sesame oil (optional)

Directions

Pre heat grill or oven broiler (with rack 3 inches from heat source) on high temperature. Remove visible fat from tenderloin and discard. Set tenderloin aside. Combine garlic, ginger, fish sauce, soy sauce, sugar and sesame oil (optional) in small dish. Stir marinade until sugar dissolves. Brush tenderloin with marinade or pour 1/3 of marinade evenly over the pork. Place in oven or grill with lid closed. Every 5 minutes, turn over the tenderloin and add 1 tbs of additional marinade until meat is fully cooked (to an internal temperature of 160 degrees). Let stand for 5 minutes. Cut 12 slices, each about 1 inch thick. Serve 3 slices (about 3 oz cooked weight) per serving. *Calories- 188, Total fat- 8g, Saturated fat- 3g, Cholesterol-80mg, Sodium- 246 mg, Total fiber- 0g, Protein-26g, Carbohydrates-1g, Potassium-390 mg*

