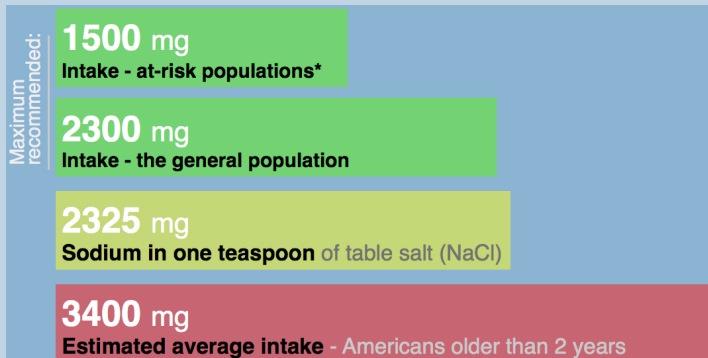


SHAKE NO MORE

By Becky Gates, UMD College Park Dietetic Intern

1500. 2300. 2325. 3400. Do you know what these numbers represent? The Academy of Nutrition and Dietetics recently reminded consumers to support the sodium intake recommended by the Dietary Guidelines of Americans, 2010.



What's the point? **70%** of the sodium we consume comes from processed, prepackaged, and restaurant food. So, when it comes to adding additional salt to our meals, we need to reconsider.

WHAT CAN WE DO?

- **Buy fresh or frozen** fruits and vegetables. Many fresh and frozen fruits and vegetables contain less sodium per serving than canned.
- **Use alternatives** for flavor. Garlic, lemon juice, non-salt seasoning mixes, and spices can add great flavors to your dishes, allowing you to avoid adding salt.
- **Read the label!** Purchase low-sodium options, including unsalted nuts. Salad dressings, pasta sauces, and cheeses can contain high amounts of sodium without tasting salty.
- **Plan ahead.** Prepare snacks and meals in advance to avoid purchasing prepackaged and restaurant meals out of convenience.

Spicy Chili (pass on the salt!)

1 lb 99% lean ground turkey
2 cups red onion, chopped
3 cups bell pepper, chopped
1 can chipotle peppers, undrained
1 can black beans (reduced sodium), undrained
1 can red kidney beans (reduced sodium), undrained
3 cans, diced tomatoes (no salt added), undrained
1 tbsp chili powder

Brown the turkey in a 5 qt pot; remove from pan. In the same pan, saute the red onion and bell pepper for about 5 minutes or until they soften.

Add the chipotle peppers, saute for an additional 2 minutes. Add the beans, including the liquid, stir. Return the turkey to the pot, cook for 10-15 minutes. Add the canned tomatoes and chili powder.

Bring to a boil, reduce heat to a simmer, simmer 15 minutes or until chili is thickened as desired.

*According to the CDC, at-risk populations include: persons aged 51 and older, African Americans, persons who have hypertension, diabetes, or chronic kidney disease.

Salt image courtesy of <http://www.cdc.gov/CDCTV/HiddenSodium/>