

## Sodium

We all need a small amount of sodium to keep our bodies healthy, but the majority of Americans consume too much. It is important to lower our salt/sodium intake as we age. Cutting back on sodium consumption can lower high blood pressure and improve heart health.



We love adding salt to our food, because it adds flavors and enriches meals! The goal is to slowly decrease our salt intake day by day. Listed below are some tips and tricks to use less salt and still have great tasting food:



- Experiment with herbs, spices, garlic, onions, or lemon.
- Using fruits and vegetables is a great way to flavor meals!
- Do not add salt to food while cooking. Taste food before adding salt.
- Make more meals at home. Restaurants add lots of salt.
- Eat unsalted nuts instead of chips or crackers.
- slow changes over time can make a BIG difference.
- Where you can find hidden sodium: packaged foods, bread, cold cuts and cured meats, canned items, cheese, and baked goods.



**Nutritious food choices add color to any diet**

<https://www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure>

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## Low Sodium Meal

From: <https://www.tasteofhome.com/recipes/roasted-chicken-thighs-with-peppers-potatoes/>

### Roasted Chicken Thighs with Peppers & Potatoes

#### Ingredients:

8 boneless skinless chicken thighs (about 2 lb)

2 lb red potatoes (about 6 medium)

2 large sweet red peppers

2 large green peppers

1 medium lemon (optional)\*

2 medium onions

2 tablespoons olive oil, divided

#### Seasoning:

1 teaspoon dried thyme

1 teaspoon dried rosemary

1/4 teaspoon pepper

1/2 teaspoon garlic powder



#### Instructions:

Preheat oven to 325 degrees F. Cut potatoes, peppers and onions into 1-in pieces. Place vegetables in a roasting pan. Drizzle with 1 tablespoon oil. Place chicken over vegetables. Brush chicken with remaining oil. Combine seasoning ingredients. Sprinkle seasoning mixture over chicken, potatoes, peppers, and onion. Gently toss ingredients to evenly distribute seasoning and oil. Roast until a thermometer inserted in chicken reads 170° and vegetables are tender, 35-40 min.

\*For an added flavor, cut lemon into thin slices and lay over chicken and vegetables.

Good news about everything that's good to eat!



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