

Are You Salt Savvy?

February is Heart Health Month and it is the perfect time to think about making healthy lifestyle changes.

Salt is a major source of sodium, which is linked to high blood pressure. Limiting sodium can benefit your health.

- Most sodium in the diet comes from restaurant meals and packaged or processed foods.
- Sodium is also added in cooking or at the table. This can come from the salt shaker or from condiments such as ketchup, soy sauce or pickles.



Salt Saving Tips

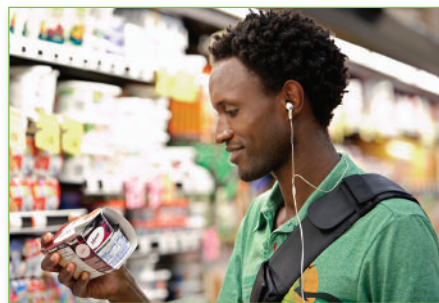
- Taste your food before adding salt or condiments. Be aware that sodium-reduced condiments may still contain a lot of sodium.
- Look for canned vegetables and fish with no salt added.
- Choose fresh meats instead of processed meats such as bacon or ham.
- Buy cheese lower in sodium such as Swiss or bocconcini.
- Limit packaged noodle or rice mixes.
- Choose frozen dinners and snack foods that are lower in sodium.
- Look for broths and bouillon cubes that have no salt added.
- Limit high-sodium seasonings such as steak spice or marinades.
- Use seasonings such as fresh garlic or garlic powder instead of garlic salt.
- Eat restaurant foods less often.

Using Nutrition Labels

Use labels to compare products and find lower sodium foods.

- Choose products with a lower % Daily Value (% D.V.) for sodium.
- Aim for 1500-2300 mg of sodium per day.

Did you know that 1 teaspoon of salt has 2300 mg of sodium?



Food of the Month

Chia Seed

Use these little seeds to add a healthy boost to your food. One tablespoon of chia seeds has 4 grams of fibre and 2 grams of omega-3 fat.

Buy black or white chia seeds. They contain the same nutrients.

Use whole or ground chia seeds. Chia does not have to be ground to get the full omega-3 benefit.

- Sprinkle whole seeds on cereal, yogurt or fruit.
- Add ground seeds to smoothies or use to thicken soups.

Store chia seeds at room temperature in an airtight container. Whole seeds will keep for several years. Ground seeds will keep up to a year.



In Your Sobeys Store

Shopping in the aisles doesn't have to break your sodium "budget".

Look for products lower in sodium or with no salt added.

Crunchy Granola Parfaits

Serves 8

Ingredients:

1½ cups	375 ml	Rolled oats
¼ cup	60 ml	Chia seeds
¼ cup	60 ml	Walnuts, chopped
¼ cup	60 ml	Applesauce, sweetened
1½ tsp	7 ml	Cinnamon
½ tsp	2 ml	Nutmeg
½ tsp	2 ml	Allspice
2½ cups	625 ml	Vanilla yogurt, fat free

Directions:

1. Preheat oven to 325° F.
2. Mix oats, chia seeds and walnuts together in a large mixing bowl.
3. Whisk applesauce and spices together in a small bowl. Pour over oat mixture and mix until well coated.
4. Line a cookie sheet with parchment paper. Spread mixture over paper and bake for 15 minutes.
5. Stir granola and bake for another 15 minutes. The granola will be dry and golden brown when done.
6. Top yogurt with granola and serve.

Tip: *Make granola ahead of time and store in the fridge or freezer.*

Nutrition Information per Serving:

Calories	96
Fat	5 grams
Carbohydrate	9 grams
Fibre	3 grams
Protein	3 grams
Sodium	166 milligrams

Did you know?

You can add a splash of citrus juice (lemon, lime, orange) or vinegar instead of salt. The acidity enhances the flavour of the food.

Chef's Corner

Salt brings out the natural flavours in food. Cut back slowly so that you develop a taste for less salt. Flavour your food with herbs and spices instead.

When using herbs and spices for the first time, start with small amounts and only try one at a time. You will soon discover which flavours you love the most.

Dried herbs are twice as strong as fresh herbs (for example, 1 teaspoon of dried thyme equals 2 teaspoons of fresh thyme).

Add dried herbs at the beginning of cooking to get the most flavour. Add fresh herbs near the end of cooking. The exceptions to this rule are thyme, rosemary and bay leaves since they can withstand a longer cooking time.



Pharmacy Corner

High blood pressure can damage blood vessel walls and strain the heart. Over time, this can lead to heart disease, heart attack and stroke. Check blood pressure often since you may not have symptoms.

Visit your Sobeys Pharmacy to get a free card to record blood pressure or try our blood pressure machine.



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