Polly's Post

Child Development Health & Nutrition, Inc. P.O. Box 1064 207 Bedford St. Suite 206 Lakeville, MA 02347

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New Providers

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Direct Deposit

For your convenience CDHN offers Direct Deposit to your checking account or savings account. For more information contact Beth at 1-800-232-7634.

Dear Educator,

I hope that you will enjoy reading about sodium and ways to reduce your sodium intake. You will be surprised to learn some foods that have sodium such as some whole wheat breads. Your daily salt limit should be 2,300 mg= 1 teaspoon, America's average consumption is 3,400 mg!

Yours truly,
Nancy & your CDHN Staff

Mail/email your March claim at the end of your work day on Tuesday, March 30th so it will reach our office by the deadline April 5th.

Remember to mail it to:

Child Development
Health & Nutrition, Inc.
P.O. Box 1064
Lakeville, MA 02347

There are no Holiday forms need for the month of March.

Sodium: What are the major dietary sources?

The average American gets about 3,400 mg of sodium a day — much more than recommended. Here are the main sources of sodium in a typical diet:

- **Processed and prepared foods.** The vast majority of sodium in the typical American diet comes from foods that are processed and prepared. These foods are typically high in salt and additives that contain sodium. Processed foods include bread, prepared dinners like pasta, meat and egg dishes, pizza, cold cuts and bacon, cheese, soups, and fast foods.
- **Natural sources.** Some foods naturally contain sodium. These include all vegetables and dairy products, meat, and shellfish. While they don't have an abundance of sodium, eating these foods does add to your overall body sodium content. For example, 1 cup (237 milliliters) of low-fat milk has about 100 mg of sodium.
- **In the kitchen and at the table.** Many recipes call for salt, and many people also salt their food at the table. Condiments also may contain sodium. One tablespoon (15 milliliters) of soy sauce, for example, has about 1,000 mg of sodium.

Sodium: Be a Savvy Shopper

Taste alone may not tell you which foods are high in sodium. For example, you may not think a bagel tastes salty, but a typical 4-inch (10-centimeter) oat-bran bagel has about 600 mg of sodium, and even a slice of whole-wheat bread contains about 100 mg of sodium.

So how can you tell which foods are high in sodium? Read food labels. The Nutrition Facts label found on most packaged and processed foods lists the amount of sodium in each serving. It also lists whether the ingredients include salt or sodium-containing compounds, such as:

- Monosodium glutamate (MSG)
- Baking soda (also called sodium bicarbonate)
- Baking powder
- Disodium phosphate
- Sodium alginate
- Sodium citrate
- Sodium nitrite

Try to avoid products with more than 200 mg of sodium per serving. And be sure you know how many servings are in a package — that information is also on the Nutrition Facts label.

How to Read Salt Labels

Labels that highlight lower sodium mean very specific, very different things. Here's a guide.

Claim #1: "No Salt Added" or "Unsalted"
No salt is added during processing. This does not always mean sodium-free; some foods contain sodium naturally.

For Example: Land O' Lakes Unsalted Butter (0mg) vs. **Land O' Lakes Salted Butter** (95mg)
Sodium Savings: 95mg per 1 tablespoon

Claim #2: "Reduced"or "Less Sodium"
Must contain at least 25% less than the original food, a competitor's product, or another reference.
For Example: Kikkoman Less Sodium Soy Sauce (575mg) vs. **Kikkoman Soy Sauce** (920mg)
Sodium Savings: 345mg per 1 tablespoon

Claim #3: "Light in Sodium" or "Lightly Salted"
Must contain 50% less than the original food, a competitor's product, or another reference.
For Example: Lay's Lightly Salted Potato Chips (85mg) vs. **Lay's Classic Potato Chips** (180mg)
Sodium Savings: 95mg per 1 ounce

Claim #4: "Low Sodium"
This is the most stringent reduced-sodium label. Each food can have only 140mg or less sodium (natural or added) per serving.
For Example:
Nabisco Wheat Thins Hint of Salt (60mg) vs. **Nabisco Original Wheat Thins** (230mg)
Sodium Savings: 170mg per 16 crackers

Salt and Sodium
10 Tips To Help You Cut Back

1. **Think Fresh**
   Most of the sodium Americans eat is found in processed foods. Eat highly processed foods less often and in smaller portions—especially cheesy foods, such as pizza; cured meats, such as bacon, sausage, hot dogs, and deli/luncheon meats; and ready -to-eat foods, like canned chili, ravioli, and soups. Fresh foods are generally lower in sodium.

2. **Enjoy home-prepared foods**
   Cook more often at home—where you are in control of what's in your food. Preparing your own foods allows you to limit the amount of salt in them.

3. **Fill up on veggies and fruits—they are naturally low in sodium**
   Eat plenty of vegetables and fruits—fresh or frozen. Eat a vegetable or fruit at every meals.

4. **Choose dairy and protein foods that are lower in sodium**
   Choose more fat-free or low-fat milk and yogurt in place of cheese, which is higher in sodium. Choose fresh beef, pork, poultry, and seafood, rather than those with salt added. Deli or luncheon meats, sausages, and canned products like corned beef are higher in sodium. Choose unsalted nuts and seeds.

5. **Adjust your taste buds**
   Cut back on salt little by little—and pay attention to the natural tastes or various foods. Your taste for salt will lesson over time.

6. **Skip the salt**
   Skip adding salt when cooking. Keep salt of the kitchen counter and the dinner table. Use spices herbs, garlic, vinegar, or lemon juice to season foods or use no-salt seasonings mixes. Try black or red pepper, basil, curry, ginger, or rosemary.

7. **Read the label**
   Read the Nutrition Fact label and the ingredients statement to find packaged and canned foods lower in sodium. Look for foods labeled "low sodium," "reduced sodium," or "no salt added."

8. **Ask for low-sodium foods when you eat out**
   Restaurants may prepare lower sodium foods at your request and will serve sauces and salad dressings on the side so you can use less.

9. **Pay attention to condiments**
   Foods like soy sauce, ketchup, pickles, olives, salad dressing, and seasoning packets are high in sodium. Choose low-sodium soy sauce and ketchup. Have a carrot or celery stick instead of olives or pickles. Use only a sprinkling of flavoring packets instead of the entire packet.

10. **Boost your potassium intake**
    Choose foods with potassium, which may help to lower your blood pressure. Potassium is found in vegetables and fruits, such as potatoes, beet greens, tomato juice and sauce, sweet potatoes, beans (white, lima, kidney), and bananas. Other sources of potassium include yogurt, clams, halibut, orange juice, and milk.

Activity Corner

If You're Happy at Daycare

This activity will get the children moving on a rainy day.

IF YOU'RE HAPPY AT SCHOOL Daycare
Sung to: If You're Happy and You Know It

If you're happy at daycare clap your hands.
(clap, clap)
If you're happy at daycare clap your hands.
(clap, clap)
If you're happy at daycare and you really want to show it,
If you're happy at daycare clap your hands.
(clap, clap)
Continue with...
...stamp your foot...
...turn around...
...shout hurray...

Recipe of the Month

Salt-Free Seasoning Blends

Boost the flavor of foods with salt-free herb and spice blends. Combine ingredients and store in a tightly covered jar. Rub or sprinkle them on food for added flavor.

Mixed herb blend:
Mix together ¼ cup dried parsley flakes, 2 tablespoons dried tarragon and 1 tablespoon each of dried oregano, dill weed and celery flakes.

Italian blend:
Mix together 2 tablespoons each of dried basil and dried marjoram, 1 tablespoon each of garlic powder and dried oregano and 2 teaspoons each of thyme, crushed dried rosemary and crushed red pepper.

Mexican blend:
Mix together ¼ cup chili powder, 1 tablespoon each of ground cumin and onion powder, 1 teaspoon each of dried oregano, garlic powder and ground red pepper and ½ teaspoon cinnamon.

This report was prepared by the staff of Child Development Health & Nutrition, Inc. for the education and use of family child care providers. The recipes, crafts and activities have been collected from a wide variety of sources. Child Development Health & Nutrition, Inc. is not responsible for their content. Use of this report requires written permission from Child Development Health & Nutrition, Inc.