



# NUTRITION CORNER

From the desk of the OFA Registered Dietitian: *Juanita Bryant, RDN, CDE*



## HAPPY NEW YEAR JANUARY 2021

**Now that the holidays are behind us, let's clear the slate and focus on health and wellness!**

**Salt** (or sodium) is a mineral our bodies need for muscle and nerve function as well as fluid balance. Salt also known as sodium chloride is found in many foods but just like a lot of other things, too much is bad for your health. Our bodies need salt to regulate blood pressure and to assist in the proper function of our nerves and muscles, but in moderation! Consuming salt at an excessive amount leads to fluid retention and elevated blood pressure with a possibility of the end result of a stroke and heart failure.

The best way to reduce salt/sodium in your meal plan is to cook meals at home and try and stay away from the pre-packaged and processed food items.

Cooking suggestions:

- Don't add salt while you are cooking- add herbs, spices, try lemon or lime juice!
- If you use canned vegetables always rinse them first
- Choose lower sodium protein options, fresh or frozen meats, eggs, chicken, seafood or dried beans
- Use low-sodium or sodium free condiments and seasoning blends
- Read the food labels!



So, how much sodium should you consume? A sufficient amount of sodium is 1500 milligrams per day but we typically consume more than that and need to be mindful of what we are doing. We actually get enough salt (sodium) in the foods we eat without adding any extra. Empty the salt shaker, put it in the cabinet – remember just because you may be taking blood pressure pills doesn't give the okay to overdo it on the salt. Health depends on it!

Your Registered Dietician is available if you have questions!

For information on the Home Delivered Meal Program or Meal Cancellation Call Gateway Hudson Valley: 331-2496

For information on OFA's Community Cafés Call: 331-2180

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