



Blue Sky FHT Newsletter

Focus on Sodium

May 1, 2016

What is SALT?

Salt can be added at the table, or found in packaged and processed foods.

How much is too much?

It is suggested to keep your sodium intake to less than 2300mg/day or 1 tsp of table salt.

Why keep sodium intake low?

Many foods with a lot of sodium may not be as healthy as lower sodium options made at home. Check out the sodium content in some processed/packaged foods.

Lunch meats:

3 slices of Bologna = 1128mg

4 slices of Salami = 1580mg

Condiments:

1 tbsp of Ketchup = 138mg

1 tbsp of soy sauce = 1019mg

Packaged pasta:

1/2 box of KD = 660mg

Mr Noodles = 1080mg

Canned/Dry Soups:

1 cup of tomato soup = 1398mg

1 cup of Habitant = 870mg

1 cup chicken noodle soup = 690mg



Do you have high blood pressure, heart failure, renal disease or any condition where sodium needs to be monitored? Ask for a referral to see the Registered Dietitian to help manage your sodium intake.

Rosemary and Parmesan Chicken Tenders

Makes: 20 tenders

Ingredients:

2 boneless chicken breasts - each chopped into
10 pieces

1/2 cup of buttermilk

6 tbsp crushed low sodium crackers

1 tsp of dried rosemary

1/2 tsp of onion powder

1 tsp garlic powder

1 tsp of paprika

1 tbsp of grated parmesan

1/2 tsp of pepper

Directions:

1. Preheat oven to 400°F (200°C).
2. In a medium bowl, immerse chicken pieces in buttermilk. Make sure chicken is covered. Set aside to marinate until other prep is complete.
3. In a freezer bag, combine crushed crackers, rosemary, onion powder, garlic powder, paprika, cheese and pepper.
4. Remove chicken from buttermilk/orange juice and shake off any excess liquid. Place all chicken pieces in bag with cracker mixture and shake until chicken is coated.
5. Remove chicken pieces and place a baking sheet. Bake for 10-12 minutes, until juices are clear when you cut into the centre of a piece. Serve and eat.



Nutrition Facts

For each nugget (makes 20)

Amount	% Daily Value
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Calories 26.3

Fat 0.4g

Saturated 0.2g

+ Trans 0g

Cholesterol 9mg

Sodium 19mg

Carbohydrate 2g

Fibre .1g

Sugars .3g

Protein 3.7g