



Tuesday, February 9, 2021

# Greater Newark Conservancy's Health Tip and Recipe

## Where is Sodium Hiding?

### Happy Healthy Tuesday!

Heart Month continues! I've talked about sodium before and wanted to give a refresher this month. We need salt in our diet because it is vitally important for muscle and nerve function, as well as regulating fluid balance in the body. However, too much salt can be bad for our health. It is associated with high blood pressure, as well as risk for stroke and heart disease. In the United States, we consume much more sodium than people in other countries. Why is this? While about 10% of our salt intake comes from cooking and table salt, the majority of our salt consumption, or almost 80%, comes from processed and restaurant foods.

So before you hide that salt shaker, consider alternatives like reducing the amount of take-out meals you eat, substituting more 'real' food for processed food, and reading nutrition fact labels to see just how much salt is hiding in our foods.

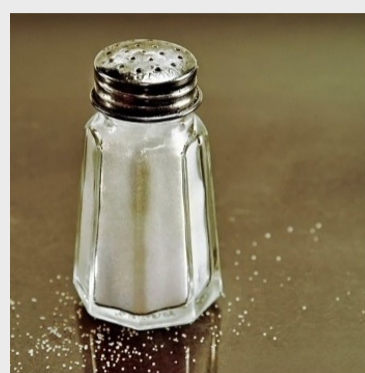
Keep in mind that if you're reading nutrition facts labels, the % Daily Value for sodium is a little out-of-date. The recommended daily limit for sodium used to be 2300 mg, but this was lowered to 1500 mg daily a few years ago. This means that the %DV for sodium that you see on the label is actually a higher percentage in reality. Instead of looking at the %DV, I like to remember the "1500 mg" number for sodium and evaluate from there. Make sure you glance at the nutrition facts labels for these types of foods before you put them in your grocery cart:

- Canned goods (soups, especially ramen, vegetables, tomatoes, beans – choose the "no salt added" or "low sodium" version of these and always rinse veggies/beans before cooking & eating
- Condiments – salad dressings, BBQ sauce, soy sauce, etc.
- Frozen meals and frozen pizza
- Cold cuts and deli meats

This week's recipe is for my favorite salad dressing! Make a big batch of this by hand, or in a blender, when you have time and then you'll have this waiting in the fridge for you to make weeknight salads that much easier!

Wishing you wellness,

P.S. Second Saturday is this Saturday from 11-12:30! The theme is "Do You Want to Build a Snowman?" and is in-person in our garden (socially distanced, with masks)! Learn more and register for this free program [here](#).



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Recipe of the Week

### Delicious Dijon Vinaigrette

From a family recipe

**Total time:** 5 minutes

**Yields:** 3.5 cups

#### Ingredients:

- 4 garlic cloves
- 1/2 cup balsamic vinegar
- 1/2 cup red wine vinegar
- 4 tablespoons Dijon mustard
- 3 teaspoons Italian seasoning
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 cup vegetable oil\*
- 1 cup olive oil\*

#### Directions:

1. Peel garlic; mince or process until finely chopped.
2. Add vinegar, mustard, Italian seasoning, salt and pepper and mix or process until combined, about 5 seconds.
3. Add oils and mix or process until mixed, about 5 more seconds. \*Can reduce it to 3/4 cup of each type of oil if you prefer it less oily.
4. May refrigerate, covered, up to 3 weeks.

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