



Where is the Sodium?

- ◆ 10% is the natural sodium in foods
- ◆ 5-10% is table salt & cooking salt
- ◆ 75-80% is the salt added in food processing by manufacturers

Compare the sodium content in soups, boxed foods and frozen meals. Choose the food with the lowest sodium on the label.

Eat less sodium:

- 1) Choose low sodium soups, or make your own soup with low-sodium broth or homemade broth without added salt.
- 2) Use fewer processed foods—boxed dinners, frozen dinners.
- 3) Cook more meals. Learn how to make more dishes with fresh ingredients.
- 4) Eat fewer processed meats such as sausage, hot dogs and bacon.



- 5) Choose tomato juice and other vegetable juices with less sodium.

Add flavor without salt:

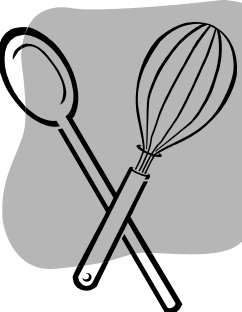
- Use more herbs—basil, cilantro, parsley, oregano or thyme.
- Add a squeeze of lemon juice to fresh vegetables, fish or seafood.
- Try a salt-free seasoning mix.

What is Sodium?

Sodium is a mineral. The main source of sodium in our diet is table salt, which is 40% sodium and 60% chloride.

What Can You Do?

- Eat fewer processed foods—canned and boxed foods.
- Plant a vegetable garden this summer.
- Make meals with fresh vegetables.
- Have a balanced approach when it comes to mealtime parenting styles.



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In the Kitchen

What processed foods does your family eat? Maybe it's canned soups, boxed pasta or rice dishes, or frozen meals.

Learn to cook some of these dishes from scratch. They will taste better than the processed version.

- * You will save money.
- * Meals will be healthier. Processed foods can be high in sodium. You can make meals with less salt & fat, and more whole grains & vegetables.
- * Meals will taste better. Foods are fresh and full of flavor.

What's Your Parenting Style at Mealtime?

Are you strict and insist that foods are eaten?

Do you often forget to have meals, and grab food when you or your children are hungry?

It's best not to be too strict or too neglectful. Have expectations about meals and snacks for your family, but don't force or bribe your children to eat.



Seven Easy Veggies To Grow this Summer

Green Beans: Beans come in a variety of types and colors—yellow, green, and purple.

Leaf Lettuce: You can harvest the amount of lettuce you need for a meal—one leaf for a sandwich or a bunch for salad—and let the plant keep growing.

Peas: Make your own teepee out of 5 sticks tied together at the top. Help the plants grow up the sticks. Peas are fun to pick and eat.

Peppers: Plant sweet green, red, and yellow peppers.

Spinach: Spinach grows fast and easy. It likes the cool temperatures of spring or fall. Harvest the amount you need, and let the plants continue to grow.

Tomatoes: Try grape tomatoes or cherry tomatoes. Tomatoes are easy to grow in a large pot.

Cucumbers: Plant a bush cucumber. It will grow into a compact plant and not spread out like other cucumbers.



Sources: Nutrition Matters, Inc.
Kid Food
Smart Food
<http://fcs.tamu.edu>

Try catching rain water for your plants.

Programs of Texas AgriLife Extension service are open to all people without regard to socioeconomic level, race, color, sex, disability, religion, age, or national origin.

Upcoming Events

◇ **Thursday, April 21** - Hopkins County Environmental Summit, Civic Center, programs/activities from 10:00 a.m. to 7:00 p.m.

◇ **Sunday, April 24**—**Happy Easter!**
(Extension Office closed Good Friday)



◇ **Thursday, May 5**—"Taking the Mystery Out of Diabetes" conference, First Baptist Church, Sulphur Springs, 9:00 a.m. to 3:00 p.m. Pre-registration required (contact Johanna for details)

◇ **Wednesday, May 11**—"Mini Talks about Mini Folks", 11:00 a.m., Early Childhood Learning Center Parent Center

◇ **Saturday, May 21**—"Kids Cook at the Market", 9:00—10:00 a.m., repeated 11:00 a.m. to noon, Sulphur Springs Main street, meet at Extension exhibit

◇ **Monday, May 30**—Extension Office closed for Memorial Day

◇ **June 11 thru 18**—Hopkins County Dairy Festival: 11-Parade, Ice Cream Freeze-off; 13-entries due for Dairy Foods Contest; 17, 18-balloon festival; 18-Dairy Foods contest (entry forms available at Extension Office)

◇ **Mondays, Wednesdays, Fridays, June 20 thru July 29**—"Kids' Camp: Fun, Food Fitness", blue metal building in Buford Park, kids completing grades 1-4. Registration forms available thru schools in May.