

# MARCH



# TIPS FOR Healthier Bodies



**1**

Sodium is an essential nutrient, but very little is needed in the diet.

**2**

About 75 percent of the sodium Americans consume comes from processed foods.

**3**

One teaspoon of salt contains 2,300 mg of sodium.

**4**

Sodium is an acquired taste. It can take eight to 12 weeks to adjust to the taste of lower-sodium foods.

**5**

Avoid using salt during cooking. Use spices and herbs to enhance the flavor of foods, instead.

**6**

When shopping for canned items, look for products with the words "no added salt."

**7**

Follow food safety guidelines at home to set an example for onlooking future cooks.

**8**

Remember to wash your hands before, during and after cooking—especially after handling raw meat or eggs.

**9**

Cook foods to the proper temperature to avoid food-borne illnesses; use a food thermometer to check temperatures.

**10**

When preparing meals, use two cutting boards—one for meats and one for fruits and vegetables—to avoid cross-contamination.

**11**

Always thaw frozen foods in the refrigerator or in the microwave—never on the countertop.

**12**

Remember to wash raw fruits and vegetables before eating.

**13**

When buying meat, make sure it is tightly wrapped and cold to the touch.

**14**

Plan ahead for family meals and you'll be less tempted to go through the fast food lane during busy times.

**15**

Save time and money by planning a week's worth of meals before going to the grocery.

**16**

Stock a variety of quick-to-fix items to round out your meals.

**17**

To save time, prepare multiple batches of main ingredients like ground beef and freeze the extra portions for later use.

**18**

Give each family member a job for the evening meal. Assign age-appropriate tasks such as setting the table or mixing a salad.

**19**

Use leftover meats to make a meal for the next evening. Slice meat for sandwiches, or combine it with colorful vegetables to make a stir-fry.

**20**

Meal-time provides a great opportunity to share the events of the day with your family.

**21**

Get the most out of the foods you eat by choosing nutrient-rich foods.

**22**

Keep brightly colored fruits and vegetables cleaned and cut for quick snacks or side dishes at dinner.

**23**

Whole grains can be a good source of vitamin E, which is a protective antioxidant.

**24**

Carotenoids are found in red, orange and deep yellow vegetables. They can help protect against some cancers.

**25**

Make a meal out of chili and pack it with nutrient-rich beans, lean meat and vegetables.

**26**

When making macaroni and cheese or spaghetti, try whole-grain pasta.

**27**

Count the number of nutrient-rich foods you had today. Were there enough?

**28**

Grilling weather is just around the corner and is a great way to prepare food quickly and with little cleanup!

**29**

Keep meats refrigerated while marinating—do not leave them out on the countertop.

**30**

Never use the same brush to baste raw meats and cooked meats. Use a different brush or wash between basting.

**31**

Use a meat thermometer to make sure grilled chicken reaches an internal temperature of 165 degrees.



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