

Salt Scoop

Salt facts

Did you know that salt was once used as money? And it was once considered a proper tradition to offer a houseguest salt and bread? Before the refrigerator was invented, salt was added to foods to prevent them from going bad. Today, salt continues to be added to foods to help with the taste, color and texture of the foods.

Why can too much salt be harmful to our bodies?

When you eat too much salt, or sodium, your body holds onto extra fluid, which can put pressure on your blood vessels.

How do we cut back on the salt we eat?

While some food has salt in it naturally, high amounts of added salt can be found in many foods, like packaged snacks (chips, pretzels, tortilla chips, popcorn) canned vegetables and soups, deli meats and cheeses, prepackaged dinners and side dishes, fast food, and condiments like barbecue sauce, hot sauce, Worcestershire sauce, steak sauce, olives and pickles.

To cut back on salt, try:

1. Flavoring your food with herbs and seasonings instead of salt.
2. Replacing the salt shaker on your table with a salt-free seasoning (like Mrs. Dash or McCormick salt-free seasonings) or ground pepper. If you do put salt on your food, sprinkle some in your hand first, then put it on your food.
3. Tasting your food before putting salt on it. Give your taste buds some time to taste the food the way it was prepared without extra salt. You never know, you might like it as it is!
4. Limit the amount of high-sodium foods that you eat. Read the nutrition label on the food package to find out how much salt you are eating. Remember to look for the words “sodium” and “salt” on the nutrition label. These terms can be used in place of each other.

Turkey Taco Salad

What You'll Need

- 12 ounces lean ground turkey
- 2 cups green pepper, chopped
- 2 cups bottled salsa
- 1/4 cup fresh cilantro, chopped
- 4 cups romaine lettuce, chopped
- 2 cups plum tomato, chopped
- 1 cup reduced-fat cheddar cheese, shredded
- 1 cup crumbled baked tortilla chips
- 1/4 cup green onions, chopped
- cooking spray

Serves 4

Let's Cook!

- 1 Spray medium pan with cooking spray. Cook turkey and pepper over medium-high heat until temperature reaches 160 degrees on a meat thermometer.
- 2 Drain liquid from meat mixture.
- 3 Mix in salsa and cook on low heat for 10 minutes.
- 4 Mix in cilantro.
- 5 Place 1 cup lettuce on each of 4 plates.
- 6 For each serving, spoon 1 cup turkey mixture over 1 cup lettuce and sprinkle each serving with 1/2 cup tomato, 1/4 cup cheese, 1/4 cup chips and 1 tablespoon onions.

Nutrition Facts

Serving Size (472g)	
Servings Per Container 4	
Amount Per Serving	
Calories 310	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 1300mg	54%
Total Carbohydrate 23g	8%
Dietary Fiber 7g	28%
Sugars 10g	
Protein 25g	
Vitamin A 90%	Vitamin C 150%
Calcium 20%	Iron 15%

