

Spice of Life

Nutrition Education Newsletter



MEALS on WHEELS
PINELLAS COUNTY

February 2022

Brought to you by your
Licensed Dietitian Nutritionist

Add the Herbs, Subtract the Salt

Every February, we call attention to one of our vital organs, the heart. One way to protect it is by being mindful about how you flavor your foods. If you're concerned about your heart and blood pressure or have a history of heart disease, American Heart Month is a great time to set or revisit your heart-health goals. Ask yourself these three questions this month.

- 1 How many processed or restaurant foods are you eating? Most of the salt or sodium we eat comes from ready-to-eat, packaged foods like bread, pizza, sandwiches, deli meat, burritos, and tacos.
- 2 Are you reading the Nutrition Facts Label? Aim for 1500–2300 mg of sodium per day. Choose foods with less than 20% "% Daily Value."
- 3 Are you varying how you flavor your foods? Awaken your taste buds with new flavors. Mix in fresh or dried herbs and spices like parsley, oregano, cilantro, and freshly ground pepper before you eat. Squeeze lemon or lime on meats, vegetables, or salads. Try salt-free seasoning blends.



Florida Produce of the Month: Strawberries

Fun Facts! Strawberries are the only fruit with seeds on the outside. You only need to eat about eight berries to get the nutrients and antioxidants you need to protect your heart and mind. They're in season in Florida between November and April, so get some today!

Sources: Sodium on the Nutrition Facts Label. <https://www.fda.gov/food/nutrition-education-resources-materials/sodium-nutrition-facts-label>
Facts About Strawberries. <https://floridastrawberry.org/facts-about-florida-strawberries>

Did you know nutrition counseling is free for anyone over age 60?
Your dietitian can help you meet your health goals.
Call 727-573-9444 to speak with your dietitian.