

# POWER UP

Monthly Minder

FEBRUARY 2021



## HAVE FUN WITH FLAVORS

Most people eat too much salt. One way to cut back on sodium (salt) in your diet is by seasoning with herbs and spices rather than salt and pepper. Stock your kitchen with fresh or dried herbs, such as basil, parsley, oregano, thyme, and rosemary. You can even try growing your own! Be careful when using spice blends, as some do contain added salt. Always check nutrition labels for "sodium" to stay aware of your salt intake.

## TAKE CARE OF YOUR HEART

When snacking, choose low sodium protein foods like unsalted nuts and seeds, hummus, and other bean dips.

Avoid pre-made foods that contain words like "breaded", "fried", "creamed", "gravy", or "crispy". Items labeled with these words are often higher in fat and salt.



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## Monthly Recipe

### Homemade Hummus

Add a 15 ounce can of garbanzo beans, 1 clove minced garlic, juice of 1 lemon, 2 Tablespoons low-fat yogurt, 2 Tablespoons canola oil, and 1/2 cup warm water to a blender. Blend until smooth. Mix in 1 teaspoon salt and 1/4 teaspoon pepper. Try adding red pepper flakes or cumin to taste. Serve with veggies, pita, or whole wheat crackers.

## Activity Corner

### Play "Food Group Wiggles"!

Start by choosing a food group and all players standing still. The leader calls on a player to name a food that belongs to the chosen food group. If correct, everyone wiggles their toes. Continue calling on players to name foods, and with each correct answer wiggle a new part of the body moving upwards from toes to head.

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