

HealthBits

Nutrition in the News—The Battle of Sodium

February 28, 2010

Sodium talks are on the table. A new salt reduction strategy may be coming. As average sodium intakes continue to rise in the United States, health officials are looking at new ways to help Americans meet sodium recommendations. Sodium restrictions are hard to meet in part because 80% of the sodium we consume is found in packaged foods such as breads, cereals, condiments, soups and cheese. Only 20% comes from the salt we add at the table.

A new plan, led by New York City's Health Department and based on a plan already implemented in the U.K., would establish sodium targets for various food groups. Food manufacturers would then be required to meet established targets otherwise they could face legislative action. Since the majority of sodium intake is coming from manufactured foods, targeting the food industry may be an effective strategy for reducing sodium intake as a whole.

While there may be some resistance from the food industries, be assured the discussions will be ongoing. Look for a new report on salt reduction ideas coming this spring from the Institute of Medicine. It just might shake things up.

Source: New York City Health Department, <http://www.nyc.gov>.

Healthy Recipe: Brussels Sprouts with Browned Garlic

Ingredients:

- 6 cups trimmed Brussels sprouts, halved (about 2 pounds)
- 1 tablespoon olive oil, divided
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- Cooking spray
- 3 garlic cloves, thinly sliced
- 1 tablespoon fresh lemon juice

Combine the Brussels sprouts, 1 1/2 teaspoons oil, salt, and pepper. Place sprouts mixture in a 13 x 9-inch baking dish coated with cooking spray. Bake at 425° for 25 minutes or until sprouts are crisp-tender. Keep warm.

Heat 1 1/2 teaspoons olive oil in a small skillet over medium-low heat. Add garlic, and cook for 3 minutes or until golden brown, stirring occasionally. Remove from heat; stir in juice. Add to sprouts mixture; toss well. Serves 6.

Calories 91, Fat 3 g, Protein 5.2g, CHO 14.3g, Fiber 6.5g, Sodium 234 mg.

Source: <http://www.cookinglight.com/>

Hot Topics

Join us for the debate – butter verses margarine, natural sugar verses high fructose corn syrup, will eating fish help my heart?! These questions and many more!

Registered Dietitian, Jennifer Loging, will sort through the confusion and offer practical suggestions to help you make the best nutrition choices for yourself!

March 11, 2010

12:15-12:45, HHS Auditorium

To register contact Judy DeBack at 785-9865 or e-mail her @ deback.judy@co.la-crosse.wi.us

Buffet Behavior

Next time you decide to dive into that all-you-can-eat buffet, remember these findings. A study conducted in *Obesity Journal* examined the eating habits of 213 diners at an all you can eat Chinese buffet. Patrons with higher BMI's were more likely to use larger plates, sit facing the buffet line and serve themselves immediately without exploring all of the options.

Reminders for us:

- Large plates can lead to overeating
- Make informed eating decisions—scope out all of your options first.
- Environment matters. Don't sit facing the food line, or better yet, skip the buffet altogether. Out of site and off the waistline!

Save the Date



**1st Annual City, County and School District
"March Madness Employee Wellness Fair: A Three-Point Play"**

Eat Well! Move More Enjoy Life!

Thursday, March 25th

9am – 5pm

WTC Lunda Center

Sponsored by the City of La Crosse, County of La Crosse, and La Crosse School District

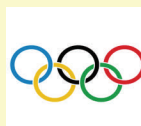


Click Pick

Eat to Win! Do you know what the athletes are eating?

Test your **Olympic Food Smarts** with this fun quiz!

<http://www.delish.com/food-fun/quizzes/olympic-foods-quiz>



Written by: Lindsey Bertrand

Questions or Comments? E-mail Bertrand.lindsey@co.la-crosse.wi.us or call 785-5613