Hello from the Wayne/Holmes County SNAP-Ed Team!

In today’s newsletter, the focus is sodium or salt. According to the USDA, eating too much salt can contribute to chronic diseases like high blood pressure and diabetes. The American Heart Association explains that certain factors may influence how your blood pressure changes when you eat salt, such as: age, weight, race/ethnicity, gender and some medical conditions like diabetes or chronic kidney disease.

Sodium facts from the CDC:
- About 90% of Americans consume too much sodium.
- About 70% of sodium is eaten from processed and restaurant foods.
- Sodium content varies across the same types of foods by brand. Some pizzas are 370 mg. per slice, others are over 1000 mg per slice.

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Key recommendations from MyPlate.gov
A healthy eating pattern limits sodium to less than 2,300 mg. per day for adults.

For adults who have high blood pressure, it is recommended to reduce sodium intake to less than 1500 mg. per day.
**Baked Apple for One**

Servings 1 | Prep time 3 mins. | Total time 6-7 mins.

Equipment: Cutting board, Measuring spoons, Microwave-safe bowl 
Utensils: Knife

**Ingredients**

1 medium, firm apple
1/2 teaspoon cinnamon
1/2 teaspoon brown sugar
1/2 teaspoon water

**Instructions**

1. Before you begin wash your hands, surfaces, utensils, and fruits.
2. Chop apples into ½ inch cubes and place in microwave-safe bowl or dish.
3. Toss apples with cinnamon and brown sugar to evenly coat. Drizzle with water.
4. Tightly cover bowl with plastic wrap or wax paper. Microwave on high for 1 minute.
5. Remove from microwave and stir. Cover, return to microwave, and cook on high for 1 minute.
6. Remove from microwave and stir. Return to microwave and cook, uncovered, for 30-60 seconds, or until apples are soft and liquid has begun to form a glaze.
7. Remove from microwave and cool slightly before serving.

**NUTRITIONAL INFORMATION (PER SERVING)**

<table>
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<th>CALORIES</th>
<th>TOTAL FAT</th>
<th>SODIUM</th>
<th>TOTAL CARBS</th>
<th>PROTEIN</th>
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<tr>
<td>100</td>
<td>0.5g</td>
<td>0mg</td>
<td>29g</td>
<td>&lt;1g</td>
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</tbody>
</table>

**MyPlate.gov shares these tips for reducing sodium:**

- Go easy on the sauce: Be mindful of how much sauce, gravy, salsa, ketchup, soy sauce, marinade or dressing you are using. The sodium from these can add up quickly.
- Spice it up: Flavor your foods with fresh or dried herbs and spices instead of salt. Pick spice blends that do not list salt or sodium on the ingredient list.
- Eat fruits and veggies: Enjoy a variety of fresh and frozen fruits and vegetables – almost all of them are naturally low in sodium. Look for canned vegetables labeled “no added salt.”

Resources: NOURISH Curriculum, CelebrateYourPlate.org, MyPlate.gov