

## Subject: Month 3, foods to limit or avoid, sugar, saturated fat and sodium!!

Hello and thanks for participating in the Griffin Hospital Produce Prescription Program!

Now you are well on your way, using those fruit and vegetable gift cards each month and seeing your household enjoy more fruits and vegetables. Last month, we shared with you resources on fruits and vegetables. This week we are going to food components to avoid or limit like saturated fat, sodium and added salt.

Just like last month, below is an assortment of resources and opportunities that might be helpful to you and your family.

Let's get started!

---

### *Classes available this month*

---

EFNEP @

Classes with Griffin Population Health

Local Health Department

Want to work 1 on 1 with a health coach? Please ask for a referral and we will set you up!

---

### *Foods to limit or avoid*

---

My plate is the basis of all the nutrition education that we will offer throughout this program. It is a general framework for healthy eating rooted in balancing the food groups and focusing on the foods that promote health and well-being and limiting the foods and ingredients that are associated with diseases. This is a general guide that works well for most people. Here's some resources to get started! The food components most commonly associated with diseases, like diabetes and heart disease are saturated fat, added sugar and sodium. This week we will give you an overview of these components and give you tips on how to limit these foods.

---

*Learn more about this week's focus, Fat, Sodium and Sugar*

---

## Rethink Fats:

Check the label first

Read the [Nutrition Facts label](#) on packaged foods. Choose products that are lower in saturated fat, since these types of fat are less healthy.

Eat foods with healthy fats

Eat nuts, seeds, and fatty fish like tuna, salmon, and sardines. These foods, as well as vegetable oils like olive and canola, are good sources of unsaturated fat – a healthier fat option.

Limit saturated fat

Build meals around protein foods that are naturally low in saturated fat such as beans, peas, and lentils, as well as soy foods, skinless chicken, seafood, and lean meats.

Skimp on "solid fats"

"Solid fats" such as butter, shortening, and fat from meats are high in unhealthy saturated fats. Switch to olive or canola oil for cooking and trim the fat when possible.

Swap the spread

Switch from butter and cream cheese on your toast to a nut butter or a spread of avocado and a squeeze of lemon. These spread options contain healthier fats.

Customize your order

Order baked or steamed options instead of fried foods, especially deep-fried foods. A dash of hot sauce or a spoonful of salsa adds flavor without adding fat.

Be Salt Smart

Read the label

The [Nutrition Facts label](#) shows you how much sodium is in packaged foods. Choose lower sodium foods – especially if you have high blood pressure, diabetes, or kidney disease.

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.”

Look for cue words

Items that are “pickled,” “brined,” or “cured” tend to be high in sodium. Include these foods in your meals sparingly.

Put together meals at home

Making your own meals gives you more control over the salt you eat. Taste your food before adding salt from the shaker.

Go easy on the sauce

Be mindful of how much sauce, gravy, salsa, ketchup, soy sauce, marinade, or dressing you're 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.

Cut back on added sugar

Think about your drinks

Balance your meal by drinking water instead of sugary drinks like soda, lemonade, or sports drinks. Try some sparkling water with a lemon wedge or a small piece of fresh fruit.

Enjoy a sprinkle or two

Skip the sugar and top your coffee with a dash of cinnamon, nutmeg, or cocoa powder instead. This adds a little variety to the flavor of your coffee.

Satisfy your sweet tooth

Indulge in a naturally sweet dessert – fruit! Enjoy a fresh fruit salad, baked apples with cinnamon, or a piece of fruit right out of the fridge.

Split the sweets

Share dessert with a friend. Half a pastry or slice of cake means only half the added sugars (and calories) for each of you.

Pick lower-sugar options

Choose packaged foods that have less or no added sugars such as plain low-fat or fat-free yogurt, unsweetened applesauce, or canned fruit packed in its own juice or water.

Check the label

Added sugars are now prominently displayed on the [Nutrition Facts label](#) of packaged foods. Use this information to compare added sugars on similar products. Keep in mind that there are many names for added sugars, such as fructose, dextrose, maple syrup, and cane juice

---

*To find more recipes try this!*

---

Each and every month we will share with you more resources to help you find new and exciting ways to eat healthy and enjoy that abundance of produce. For us to include recipes in our monthly shares they need to meet certain criteria. They should focus on foods that promote health and wellbeing, like fruits and vegetables and limit ingredients that are less healthful like sodium, saturated fat and sugar.

This month we encourage you to give this recipe search engine a try! It's brought to us by Maine's SNAP-ed Department. We like this resource because it is searchable.

<https://www.mainesnap-ed.org/cook/recipe/>

---

*Other resources you might like- this week... cooking basics*

---

<https://cookingmatters.org/tips/#cooking-basics>

<https://snaped.fns.usda.gov/nutrition-education/nutrition-education-materials/cooking>

- Microwave cooking resources
  - o <https://www.myplate.gov/myplate-kitchen/recipes?f%5B0%5D=equipment%3A79&node=18226>
  - o Microwave safety: <https://www.fsis.usda.gov/node/3355>
- Meal Prep:
  - o <https://www.ksre.k-state.edu/humannutrition/nutrition-topics/eatingwell-budget/makeaheadmeals.html>
- No cook recipes:
  - o <https://www.myplate.gov/myplate-kitchen/recipes?f%5B0%5D=equipment%3A76>