



Roasted Root Vegetables

How about some warm-roasted vegetables this winter? Pick your favorite brightly-colored root vegetables and your best seasonings. Then give this easy-to-make recipe a try.⁵

Ingredients

- 2 carrots, chopped
- 1 onion, chopped
- 4 other root vegetables (e.g., sweet potatoes, rutabagas, turnips, parsnips, beets, etc.)
- 1/4 C olive oil
- 3 T Parmesan cheese or herbs

Directions

1. Preheat oven to 350 degrees.
2. Cut root vegetables into large chunks. Chop carrots and onion.
3. Place vegetables in a medium bowl and pour oil over top. Add seasonings (e.g., dill, basil, oregano, rosemary, parsley, thyme, garlic, etc.) or Parmesan and mix well.
4. Spread an even layer on a baking sheet.
5. Bake for 1 hour or until tender.



Shake the Salt Habit: 6 Tips to Lower Sodium

Limit sodium to less than 2,300 mg per day






Imagine filling a teaspoon with salt and eating it. Your tongue and your brain would deliver an instant message: "Yuck! Too salty!" And you'd reach for the nearest glass of water to wash out your mouth.

Sounds gross to eat that much salt at once, right? But the average adult eats 2.7 pounds of salt a year, and you might not even realize it.

Here's what the American Heart Association recommends:²

- Less than 2,300 mg of salt/sodium per day
- 1,500 mg of salt/sodium per day is ideal

So how much salt does the average person consume? Around 3,400 mg per day. How's that possible? Chew on this:

-  Cheeseburger = 1,400 mg sodium
-  1 Fried chicken breast = 1,140 mg sodium
-  Ham & egg biscuit = 1,100 mg sodium
-  Slice of pizza = 640 mg sodium
-  Microwave meal = 500 to 1,500 mg sodium

Packaged and processed foods, sauces, dressings, and potato chips are also high in sodium.

So what's the big deal with sodium? A diet high in sodium increases your risk for high blood pressure. It's a major risk factor for heart disease and stroke. Too much sodium has also been linked to kidney disease and poor bone health.

Fortunately, a few simple changes can help you cut back on the amount of sodium you consume. Here are some things you can do:

- Eat more fresh fruits and veggies.
- Buy low-sodium foods and soups.
- Read food labels and track your sodium intake.
- Drink water instead of soft drinks.
- Use low-sodium salad dressings made with olive oil or vinegar.
- Cut back on eating fast-foods and packaged meals.

And one more thing...Go easy on the salt shaker.

MORE

Check sodium levels in food <https://tinyurl.com/4jtxl>

Get a Grip: A New Way to Find Out If You Have Diabetes (continued from page 1)

In fact, they found that weak grip strength can identify diabetes risk in people who don't have any other risk factors.

If you want to prevent diabetes and live longer, exercise, eat healthy and maintain a healthy weight. Strength training can help, too. Try:

- Working out with weights or machines
- Bodyweight exercises (push-ups, pull-ups, sit-ups)

You'll build muscle that will increase your lean body weight (including grip strength) and improve your health for years to come.

MORE

Give grip strength a hand <https://tinyurl.com/y2gx37zm>

References

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2. American Heart Association. (2018). Get the scoop on sodium and salt. From: <https://tinyurl.com/y26o6hrv>
3. Brown, E., et al. (2020). Grip strength cut points for diabetes risk among apparently healthy U.S. adults. *American Journal of Preventive Medicine*, 58(6): 757-765. From: <https://tinyurl.com/y4f9mypo>
4. Qin, P., et al. (2020). Fried-food consumption and risk of cardiovascular disease and all-cause mortality: A meta-analysis of observational studies. *Heart*. From: <https://tinyurl.com/y3jndl6f>
5. U.S. Department of Agriculture. (2017). Roasted root vegetables. What's cooking? USDA Mixing Bowl. Accessed on February 10, 2017, from <http://tinyurl.com/zyco7xp>.



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