

Indiana County Wants Dairy Ambassadors



Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

Should You Be Cutting Down On Salt?

Next to sugar, salt is the next food additive. Salt contains sodium, an element required for health. However, like many things in life, too much sodium can be harmful. Excess sodium is one factor that has been linked to high blood pressure or hypertension. And hypertension can lead to stroke, heart attack, and kidney disease. You need to be particularly concerned about watching your sodium if you are black, over 65 or have a family history of hypertension.

Where does the sodium in our diet come from? While some estimates suggest that about one-third of the sodium Americans eat every day is added either in cooking or at the table, sodium sneaks into our mouths in other ways too. Sodium occurs naturally in food — it's in surprising things like milk and celery. And manufacturers use sodium in processing food. For example, there is sodium in baking powder, baking soda, and in monosodium glutamate (MSG).

A daily intake of 1100 to 3300 milligrams of sodium (or about one-half to one and one-half teaspoons) is considered safe and adequate for healthy adults. Yet the average American eats two to five teaspoons of salt each day. This provides 20 to 50 times as much sodium as the body needs.

How can you cut down on sodium intake? In cooking, there are several things you can do to reduce the sodium content of your meals. Not adding salt during cooking or at the table reduces sodium intake by about one-third for most people. However, most

of the sodium consumed is from the salt in processed food. Processed foods that are especially high in sodium include cured meats such as ham, bacon, hot dogs and luncheon meats; canned, frozen and dried soups, pickles and frozen dinners; smoked or canned fish and shellfish.

When menu planning, try to balance the sodium content of the various parts of the meal or the whole day's menus. For example, if you have a high-sodium main dish, serve low-sodium side dishes. If you eat a high-sodium breakfast, plan a lower sodium lunch or dinner.

Start with moderate changes in sodium consumption. That way you can cut back on your taste for salt gradually. You were not born with a preference for salt, and it can be unlearned.

You may want to look for seasonings and sauces with less sodium, or use lemon juice, spices or herbs — such as onion or garlic powder (not onion or garlic salt), paprika, pepper, curry or dill — for flavor.

Dining out need not be a problem. Choose foods without sauces, or ask for sauce on the side so you can control the amount. In better restaurants, you can ask that no additional salt be added to your food in the kitchen. And, just as you would at home, balance the sodium content of your meal when ordering.

So whether you are shopping for food, preparing it at home, or eating out, there are choices you can make if you want to lower your sodium intake. In the long run, cutting down may add up to better health.



Dairy Maids for Indiana County are, from left, Amy Cribbs, Annah Neal, Erin Leach, Katie Stenman, Julie Luckhart, Amy Trimble, and Rebecca McNutt.

INDIANA (Indiana Co.) — This past year, seven dairy maids helped Dairy Princess Tammy Farmery and Alternate Tina Ruffner with many dairy promotions.

This year, Indiana County is looking for both males and

females, between the ages of 12 to 15, to help the dairy princess with promotions.

If you or someone you know would be willing to be a dairy princess or dairy ambassador, please call Charlie Lockhart at (412)

397-2575 or Shirley Farmery at (412) 397-2291.

An introductory tea is scheduled for April 21 at Rocky Glenn in Home. The pageant date is June 11.

Spring Fling Day

CREAMERY (Montgomery Co.) — The Montgomery County Cooperative Extension Spring Fling Day is planned for Thursday, April 22. The day will begin at 9 a.m. and conclude by 1:30 p.m. Highlights of the day include

a musical presentation by the Souderton High School Jazz Band under the direction of Bret Mascaro and speaker Anne Hendricks, an interior decorator who will discuss "Decorating for the 90's."

This luncheon meeting will be

held at Family Heritage Restaurant, 508 Harleysville Pike, Franconia, PA. Tickets for the program cost \$12 and advanced registration is necessary. Reservations may be made by calling (215) 489-4315.

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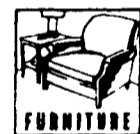
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