

PantryPress



Peanut Butter Granola

Serves: 4

Ingredients

- 2 Tablespoons peanut butter
- 2 Tablespoons honey
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- 1 cup quick oats

Directions

1. Preheat oven to 325°F.
2. Combine peanut butter and honey in a bowl and microwave until peanut butter melts; stir to combine.
3. Mix cinnamon and vanilla into peanut butter mixture. Add oats and stir until oats are completely covered by mixture.
4. Spread oats onto greased cookie sheet and bake for 7-10 minutes, until granola is slightly browned.

Nutrition Info

Calories: 145g
Fat: 5g
Carbohydrates: 21g
Protein: 5mg
Sodium: 35

Lower Sodium for Better Health

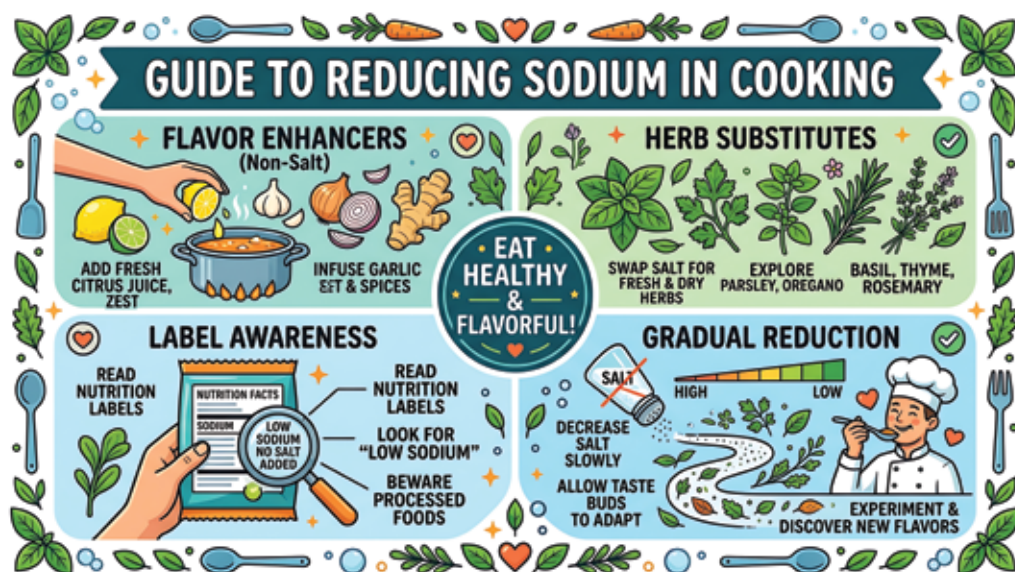
Sodium is a mineral that helps your body control fluids, send nerve signals, and move muscles. However, most people consume more sodium than their bodies need. The American Heart Association recommends that most people should consume no more than 2,300mg (about a teaspoon) of sodium a day. Some doctors may recommend consuming no more than 1500mg of sodium to help manage blood pressure. Too much sodium can raise blood pressure and increase the risk of heart and kidney problems. Many food pantries may not have lower sodium options, but there are ways to reduce your sodium intake, especially among canned goods.

Choose Lower Sodium Items

When shopping for groceries, look for canned foods labeled “no added salt.” This label shows that no salt was added during processing, making these products a better choice for those looking to reduce their sodium intake. Many canned fruits, vegetables, and beans are available in no-salt-added versions, and choosing these options can help you better control the amount of sodium in your meals. Even when a product does not carry a “no added salt” label, there are still simple steps you can take to lower its sodium content. Before using canned foods, drain and rinse them under running water. This quick step can remove extra salt. Making small changes like choosing lower-sodium canned goods or rinsing ingredients before cooking can add up over time. By being mindful of these choices, you can reduce overall sodium intake while still enjoying convenient and affordable staples.

Seasonings vs. Spices

When cooking food, we often use seasonings like garlic salt, sea salt, pink salt or blends such as Old Bay and garlic mixes. Many of these seasonings are high in sodium, which can add to your overall sodium intake. A good way to reduce sodium in your diet is to limit the use of salt-based seasonings and incorporate more salt-free spices and herbs. Spice blends such as garlic powder, onion powder, paprika and other herbs can add plenty of flavor without increasing sodium levels. Try combining a few of your favorite herbs and spices to create your own low-sodium spice blend. This allows us to enjoy flavorful food while supporting better overall health.



Related Links:

<https://www.cdc.gov/salt/reduce-sodium-intake/index.html>

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium/how-to-reduce-sodium>

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