

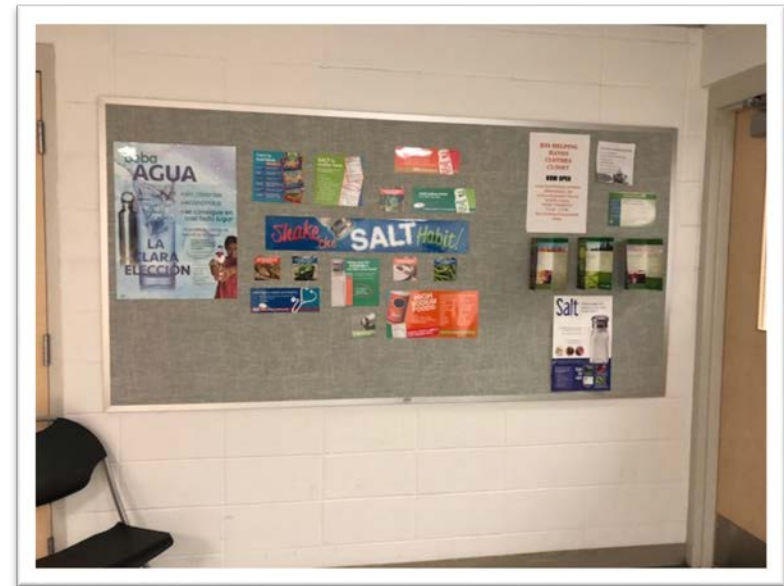
Connecting Public Health and Food Sector Collaborators:

Simple Culinary Techniques to Lower Sodium in Northwest Arkansas



Office of Community Health and Research

- School and community meals sodium reduction
- Church and community gardens
- Food pantry surveys
- Chronic disease and obesity prevention and diabetes self-management
- Research on food pantries and clients



Health Disparities Rates in Arkansas

- Hypertension: 39.3%
- Adult obesity: 35.7%
- Childhood overweight & obesity: 33.9%
- Diabetes: 13.5%



Building Partnerships

- Existing partnerships with food pantries and multi-service organizations
- Established organizational interest in healthy foods
- Multi-service agencies have more capacity to change

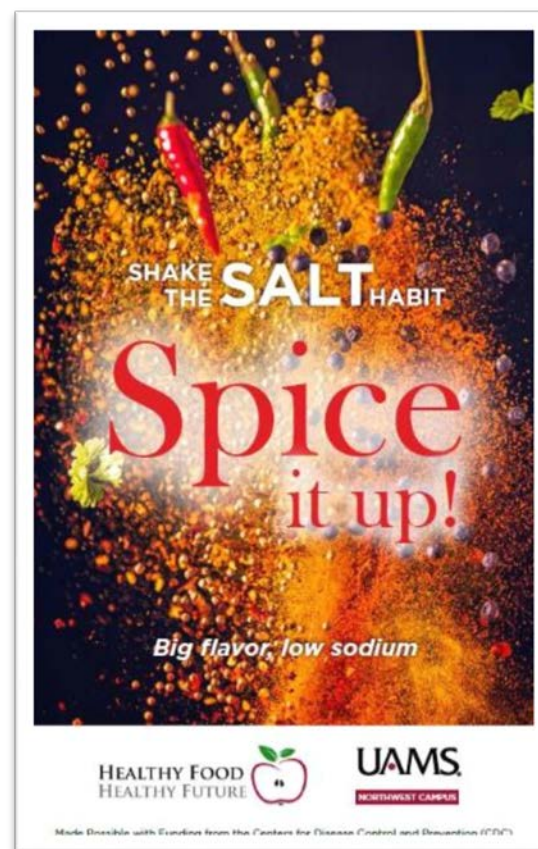
Three Challenges Congregate Meal Partners Face

- Utilizing big box stores and donated prepared foods in meals with high sodium
- How to create recipes and adjust menu items to serve a lower sodium meal overall
- Using fresh herbs and produce



UAMS Initiatives

- Educational materials
- Food analysis
- Learning networks



Learning Networks

- Opportunity to meet one another
- Share findings
- Hands on training and demonstrations
- Taste testing



Recommended Daily Amount of Sodium

1 tsp salt
≈
2,300 mg
sodium



everyday^{HEALTH}

Addressing Challenges

- Rinsing canned vegetables and beans and buying low sodium items when available
- Adding low or no sodium items to higher sodium items to dilute the overall amount of sodium
- Increase culinary skills



Ingredients to Evaluate

- Spice mixes and blends
- Purchased stocks, soups, bases, and dressings
- Soy and Worcestershire sauce
- Canned goods
- Smoked and cured foods
- Pickled foods
- Umami



Recipe Development and Modification

Step 1

Evaluate original recipe for sensory and nutritional qualities

Step 2

Establish goals for recipe modifications

Step 3

Identify modifications or substitutions

Step 4

Determine functions of identified modifications or substitutions

Step 5

Select appropriate modifications or substitutions

Step 6

Test modified recipe to evaluate sensory and nutritional qualities

Cooking with Less Salt & Using Fresh Ingredients

- Aromatic ingredients
- Herbs and spices
- Pungent ingredients
- Chilies
- Citrus and flavored vinegars



Food Shows



Source: <http://nutritionsystems.co/>



Flavor Profiles



Culinary Skills Training



Student Involvement

- Honors Project
 - Modification of the Top 10 sodium foods
 - Recipe development using commodities and donated foods
 - Creating new recipes to replace higher sodium items
 - Taste testing and education sessions

QUESTIONS

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