

# Woman's Day

## Quick meals *for busy nights*

Easy & delicious pasta,  
chili, beef stew

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P. 13



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## Low salt, big flavor

Nutrition and health expert Joy Bauer, RD, shows you how to lose the shaker without sacrificing taste.

**Q** I am on a low-sodium diet, but I'm having a hard time finding foods that I want to eat. Can you help?

**A** I know you're probably feeling overwhelmed, but with a little effort, a low-salt lifestyle will become second nature. The best way to keep your sodium intake down is to make most meals at home. Create flavorful dishes by using a salt-free seasoning blend (like **Mrs. Dash Original Blend**). This all-purpose blend of black pepper, parsley, basil, mustard seed and rosemary

adds punch to egg dishes, kebabs and soups. McCormick's Perfect Pinch Salt Free Garlic & Herb variety is great for marinara sauce, grilled chicken or fish. Or create your own spicy mix. Try chili, cayenne pepper, oregano, thyme, cumin and coriander to add to ground meat or chicken for burgers, tacos or chili.

While it's best to stock your pantry with low-sodium or no-salt-added packaged foods, you can dilute the high-sodium versions in a pinch. Combine salad dressing with vinegar (1 Tbsp vinegar for every Tbsp of dressing), mix bottled marinara with no-salt tomato sauce and rinse beans before cooking to wash away 40% of the sodium.

Store-bought bread is surprisingly high in sodium. Look for slices with 150 mg or less.

### Joy's low-sodium finds

Even if a product isn't labeled *reduced sodium*, it may still be low in salt. Look for packaged snacks with less than 140 mg sodium per serving and entrées with less than 500 mg. Three of my favorites:



◀ **Kashi Chicken Pasta Pomodoro** (\$4.49 per meal) This cheesy pasta entrée has just 470 mg. More good Kashi options: Chicken Fettuccine Steam Meal and Mayan Harvest Bake.



◀ **Annie's Naturals Fat Free Raspberry Balsamic Vinaigrette** (\$2.99 per bottle) The tangy taste of this dressing is perfect for salads or as a chicken marinade, and adds just 10 mg sodium per serving.

▶ **Terra Exotic Harvest Sweet Onion Chips** (\$5.89 for a 6-oz bag) One serving of these flavorful chips has just 40 mg sodium per serving—almost unheard of in a chip or cracker.



### Breakfast makeover

**Who:** MaryAnn Hadryan  
**Where:** Glastonbury, CT  
**Her situation:** MaryAnn eats the same breakfast every day and has become completely bored.

#### WHAT MARY EATS

Oatmeal with berries and light agave nectar.

#### JOY RECOMMENDS

Varying your meals helps you stick to good habits in the long term. A few ways to jazz up your morning oats:

- ▶ Stir ½ chopped apple and ¼ tsp cinnamon into oatmeal before cooking. Top with 1 Tbsp chopped pecans and 2 tsp maple syrup.
- ▶ Stir ¼ cup reduced-fat Cheddar and chopped scallions or chives into cooked oatmeal. Top with an egg, panfried in oil spray.

To change it up completely, swap in these protein-rich breakfasts a few days a week:

- ▶ Make an omelet with 1 egg + 2 egg whites + ¼ cup reduced-fat cheese + any chopped vegetables. (21 g protein)
- ▶ Sliced apple with dip—combine 2 Tbsp natural peanut butter with 1 tsp maple syrup and a few dashes of cinnamon. (10 g protein)

**JOY BAUER, RD**, is the health and nutrition expert for the *TODAY* show and bestselling author of *The Joy Fit Club*. For more information, go to [joybauer.com](http://joybauer.com).

#### WRITE TO JOY

Do you want Joy's advice on how to make your eating habits healthier? Send your questions to [joy@womansday.com](mailto:joy@womansday.com).