

# Reducing Salt, Sugar, and Fat



Salt, sugar, and fat can cause many health problems if over consumed. However, these ingredients can hide in a lot of foods, so it can be difficult to avoid them. Here are some tips to reduce the amount of salt, sugar, and fat in your diet.

## Reducing Salt

Most of the salt you consume comes from packaged and processed foods. Canned vegetables, beans, and tomato sauces can contain a lot of salt: always look for “low sodium” or “no added salt” on the label. Give your canned beans or vegetables a good rinse under cold water before using them, as this simple step can wash away a lot of unnecessary salt.



## Reducing Sugar

Sugar hides in beverages and processed foods. Stay away from sweetened beverages like soda that are high in sugar but lack other nutrients: try mixing a little fruit juice with plain seltzer for a low sugar alternative. Flavored yogurts are high in sugar as well: buy plain, unsweetened yogurt, and add your own flavorings at home! A drizzle of honey or a dollop of fruit jam will make your yogurt taste just as sweet.

## Reducing Fat

The best way to avoid added fat is to avoid fried foods and processed snack foods. Sweet treats like ice cream, cakes, frosting, and puddings can be very high in fat as well as sugar. When cooking at home, try to use a spray oil or measure small amounts of oil for sautéing and pan frying. Vegetable or olive oils have healthier fats than butter or lard.



# Slow Cooker Vegetarian Chili

(no added salt, sugar, or fats)

Serves: 6      Total Time: 10 minutes + overnight

## Ingredients:

- 1 medium red onion, chopped
- 1 green bell pepper, chopped
- 4 garlic cloves, chopped
- 1 tbsp chili powder
- 1 tbsp ground cumin
- 2 tsp unsweetened cocoa powder
- 1 28oz can low-sodium diced tomatoes
- 1 15.5oz can black beans, rinsed
- 1 15.5oz can kidney beans, rinsed
- 1 medium sweet potato (about 8 oz), peeled and cut into ½-inch pieces
- ½ cup plain Greek yogurt

## Directions:

1. In a 4- to 6-quart slow cooker, combine the onion, bell pepper, garlic, chili powder, cumin, cocoa, cinnamon, and black pepper. Add tomatoes (with liquid), beans, sweet potato, and 1 cup water.
2. Cover and cook until the sweet potatoes are tender and the chili has thickened, on low for 7 to 8 hours or on high for 4 to 5 hours.
3. Serve the chili topped with scallions, radishes, and tortilla chips. Leftovers can be refrigerated in an airtight container up to 1 week, or frozen for up to 6 months.

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