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
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

<table>
<thead>
<tr>
<th>Step 1</th>
<th>Evaluate original recipe for sensory and nutritional qualities</th>
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<tbody>
<tr>
<td>Step 2</td>
<td>Establish goals for recipe modifications</td>
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<tr>
<td>Step 3</td>
<td>Identify modifications or substitutions</td>
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<td>Step 4</td>
<td>Determine functions of identified modifications or substitutions</td>
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<td>Step 5</td>
<td>Select appropriate modifications or substitutions</td>
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<tr>
<td>Step 6</td>
<td>Test modified recipe to evaluate sensory and nutritional qualities</td>
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</table>
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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