



NUTRITION CORNER

TOP 5 HEALTHY AND TASTY BBQ SAUCES

BBQ season is here! To get you started on a healthy foot, I've compiled a list of the healthiest BBQ sauces we offer. To qualify for the list, the products had to meet the following criteria per TB serving:

1. Calories: <25
2. Sodium: >300mg (any packaged condiment will have a lot of sodium)
3. Sugar: <10g
4. Minimal ingredients and additives)
5. Must Taste Good!

#1-Guy Fieri Brown Sugar Sweet & Sticky BBQ Sauce

Cal: 20; Sodium:125;
Sugar: 9



This would go great in vegetarian bean recipe.

#2 Bone Suckin' Sauce

Cal: 22; Sodium:140;
Sugar: 9



Try this with salmon or shrimp. and is gluten-free. They have great recipes on their website.

#3 Slather Brand Slatherin' Sauce

Cal: 25; Sodium:180;
Sugar:12



Great on steak burger!

#4 Jack Daniels Honey Smokehouse

Cal: 25; Sodium:180;
Sugar:12



Use this with chicken to make sweet and tangy kabobs.

#5 Jack Daniels Hickory Brown Sugar BBQ Sauce

Cal: 25; Sodium:180;
Sugar:12



Goes great with pulled chicken or pork.

DID YOU KNOW? What The Sodium Terms Really Mean

If you are monitoring your sodium intake, it is important to know what the various terms on the nutrition labels mean.

Sodium-Free: <5mg per serving

Low Sodium: <40mg per serving

Reduced Sodium: At least 25% less sodium than in the original product. This can still be a lot (think canned soup).

Lightly Salted: At least 50% less sodium than the regular product

No-Salt-Added or Un-salted: No salt is added during processing, but it doesn't mean sodium free (think saltine crackers)

Read the Nutrition Facts Label to be sure. Aim for no more than 2400mg of sodium per day; 1500mg if you are



**Elizabeth
Madison, MA,
Registered
Dietitian**



HEALTHY PRODUCT SPOTLIGHT

Harvest Village Frozen Grains

Brown rice is a healthy starch option; however, grains such as farro and pseudocereals like quinoa are superior to brown rice due to their high protein, fiber, and vitamin and mineral content. The downside is the amount of time required to

cook these foods. Now you can enjoy the goodness of these foods without the hassle. We offer **Harvest Village frozen pre-cooked grains**. Try the various tasty flavors; just pour out what you need, heat or thaw, and serve! Use as a side dish or add to soups or salads. Let me know what you think!



Let Elizabeth Help You With:

- * Weight and Health Management Support
- * Personalized Healthy Shopping Assistance
- * Menu Planning
- * Recipe Nutrient Analysis
- * Private and Group Supermarket Tours

Call her at 718-598-0617 or email her at emadisonrd@gmail.com