



American
Heart
Association.

NOVEMBER

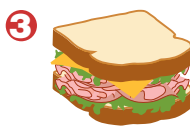
Learn about the Salty Six - surprising foods that contribute the most sodium to our diets. Let's look at these foods in more detail. How did they get on this list, and how can you keep them from packing excess sodium into your diet?



PIZZA



BURRITOS & TACOS*



SANDWICHES**



BREADS & ROLLS



COLD CUTS & CURED MEATS



SOUPS

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Did you know that one
slice of pizza may have
up to 760 milligrams
of sodium?

Baked Sweet Potatoes and Apples



INGREDIENTS

Serves 8 (Serving Size 1/2 cup)

- Cooking spray
- 1/4 cup sugar
- 1/2 tsp ground cinnamon
- 3 medium sweet potatoes (peeled, cut crosswise into 1/4 inch slices)
- 2 medium sweet apples (such as Rome Beauty or Gala) peeled, each sliced into 10 wedges
- 3 Tbsp light tub margarine

DIRECTIONS

1. Preheat the oven to 350°F. Lightly spray a 1 1/2-quart glass casserole dish with cooking spray.
2. In a small bowl, stir together the sugar and cinnamon.
3. In the casserole dish, layer in order half each of the sweet potatoes, apples, and cinnamon-sugar. Dot with about half the margarine. Repeat.
4. Bake, covered, for 1 hour to 1 hour 15 minutes, or until the sweet potatoes and apples are soft.

Nutritional Facts

Calories	101	Cholesterol	0 mg
Total Fat	2.0 g	Sodium	61 mg
Saturated Fat	0.0 g	Total Carbohydrate	21 g
Trans Fat	0.0 g	Dietary Fiber	3 g
Polyunsaturated Fat	0.5 g	Sugars	14 g
Monounsaturated Fat	1.0 g	Protein	1 g

Dietary Exchanges: 1/2 fruit, 1 starch