

Ideas for a Healthier Easter Basket



by Greatist.com

The Easter Bunny is the bearer of all things sweet, delicious, and right with the world. But this holiday doesn't have to induce the same sugar high as Halloween. Instead, fill those Easter baskets with some healthier alternatives.

1. Nut Butter with Fruit and/or Veggies To keep the carrots company, chuck a few apples and bananas in that Easter basket. We like pairing them with Justin's Almond Butter packets for a healthy fiber- and protein- filled snack.

2. Homemade Fruit Snacks Standard fruit snacks often contain a host of artificial flavors, synthetic colors, and preservatives. While it takes some time, it may be worthwhile to [make your own](#) fruit snacks using real fruit.

3. Homemade Peanut Butter Eggs Name one person that *doesn't* like peanut butter eggs. (Thought so.) Though store-bought eggs taste like the nectar of the Easter Gods, they're often oversized and full of not-so-healthy ingredients. The filling, for instance, often contains more sugar than actual peanuts. [Make your own](#) PB eggs with recognizable ingredients and switch things up with almond butter for more fiber, iron, and vitamin E.

4. Graham Bunnies Annie's bunny grahams are a great choice for a pre-made version, which comes in a handful of varieties (such as vanilla, chocolate, and gluten-free snicker doodle). They're still cookies, so eat the bunnies in moderation!

5. Colored Hard Boiled Eggs! While creme eggs and peanut butter-filled chocolate eggs may take center stage on Easter, why not eat *real* eggs? This superfood-in-a-shell is just about 70 calories per egg and provides 6 grams of protein. Plus, they're full of omega-3 fatty acids (important for heart health).

6. Popcorn Balls These do have a bit of sugar from the marshmallows, but otherwise these are a high-fiber, low-sugar snack. [Here's Martha Stewart's recipe for popcorn balls.](#)

Fun Non-Edible Easter Basket Ideas for Kids & Adults!

- Sidewalk Chalk
- Jump Rope
- Bubbles
- Play-doh
- Lip Balm
- Stickers
- Whiffle Ball Set
- Coloring Books
- Scented Markers
- Flower or Veggie Seeds
- Small Fitness Gear:
 - Water Bottle
 - Exercise Ball
 - Hairband
 - Socks
 - Pedometer



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Are You Getting Too Much Salt? (By Web M.D.)

Most of us get more than we need. Recommendations from the American Heart Association and the U.S. government range from 1,500 to 2,300 milligrams of sodium a day. If you want to cut back, you need to do more than ease up on the shaker on your table. Watch what you eat. You may be shocked by some of the foods that are high in salt.

1. Frozen Dinners They're quick. They're easy. And they're loaded with sodium. A 5-ounce frozen turkey and gravy dinner packs 787 milligrams.

Tip: A "lighter" version may have less salt, but it's no guarantee. Read the labels to be sure. It's possible that "lighter" refers to fat only.

2. Ready-to-eat Cereals Check out the nutrition facts label. Some brands of raisin bran have up to 250 milligrams of sodium in each cup.

Tip: Puffed rice and wheat don't have salt. Mix half of your favorite cereal with half of a salt-free choice. Or look for companies that make low-sodium cereals.

3. Vegetable Juice They help you get the 2 to 2.5 cups of veggies you need a day. But they can have a lot of sodium. One cup of vegetable juice cocktail has 479 milligrams. **Tip:** Shop around. Many brands make a low-salt version.

4. Canned Vegetables They often have preservatives, sauces, or seasonings that add extra sodium. A cup of canned cream-style corn may have 730 milligrams.

Tips: Rinse canned veggies thoroughly, or look for labels that say "no salt added" or "low sodium." Check the freezer section, where you may have more luck finding an unsalted choice.

5. Packaged Deli Meats One look at the salt content in packaged meats should stop you in your tracks. Two slices of dry salami made of beef or pork can have 362 milligrams of sodium.

The Recommended Daily Intake of Sodium is:

**1,500 - 2,300
Milligrams per day**

What's in a Name?

When you're scanning a food label, don't just look for the word "salt." Watch out for various forms of sodium or other names for the same thing:

- sodium alginate
- sodium ascorbate
- sodium bicarbonate (baking soda)
- sodium benzoate
- sodium caseinate
- sodium chloride
- sodium citrate
- sodium hydroxide
- sodium saccharin
- sodium stearoyl lactylate
- sodium sulfite
- disodium phosphate
- monosodium glutamate (MSG)
- trisodium phosphate



Watch the Serving Size....

The amount of sodium you see on a nutrition label isn't for the whole package. It's just for one serving. Always check to see how many are in each container.



Food Label Claims.....

They can be confusing, but you can figure them out with this cheat sheet:

Sodium-free: Less than 5 milligrams for each serving

Very low-sodium: 35 milligrams or less per serving

Low-sodium: Less than 140 milligrams per serving

Reduced sodium: 25% less salt

Unsalted, no salt added, or without added salt: Made without the salt that's normally used, but still has the sodium that's a natural part of the food itself.



6. Soup It's a warm comfort food on a cold day, but watch out. It can be loaded with salt. A cup of canned chicken noodle soup has as much as 744 milligrams of sodium. **Tips:** Look for reduced-sodium versions of your favorites. And always check the label carefully. You might find that one brand's "Healthy" version actually has less sodium than the "25% Less Sodium" variety.

7. Marinades and Flavorings Some of your favorites may be super salty. One tablespoon of teriyaki sauce can have 690 milligrams of sodium. The same amount of soy sauce may have up to 1,024 milligrams.

Tips: Even "lower-sodium" soy sauce can have a lot, so use it sparingly. Go for vinegar and lemon juice to enhance flavor, since they naturally have less salt. Try orange or pineapple juice as a base for meat marinades.

8. Spaghetti Sauce Half a cup may have 554 milligrams of sodium, and that's barely enough to coat a helping of pasta. **Tip:** Look for "no salt added" versions of your favorite sauces.

9. Aw, Nuts! Rethink those salty peanuts. An ounce of most dry-roasted brands have 192 milligrams of sodium.

Tips: For about the same amount of calories, an ounce of oil-roasted, salted peanuts has only 76 milligrams of sodium. Or better yet, buy the unsalted variety, which are practically sodium-free.

10. Salty Snacks They're hard to resist, but they may have a lot of sodium in every ounce. Potato chips have 136 milligrams, cheese puffs 240, and pretzels 385.

Tip: Even "baked" or fat-free snacks can have the same amount of sodium or more, so check the label.

11. Pre-Packaged Foods Rice, potatoes, and pasta in their natural forms are low in salt. But if you get the convenient "all-in-one" box and add the flavor packet, you may end up eating more than half of your daily allowance of sodium in just one serving.

Tips: Skip the packaged rice. Choose a plain, fast-cooking type and add your own seasonings. Or microwave potatoes to serve with your choice of fixings.

12. Condiments Count If you think those little extras you add to your food aren't a source of salt, think again:

* **Ketchup (1 Tablespoon) = 167 milligrams**

* **Sweet Relish (1 Tablespoon) = 122 milligrams**

Tip: Go for low- or sodium-free versions. Or get creative with substitutions: Try cranberry relish or apple butter for a naturally lower-salt choice.

13. Spicing it Up! Adding spices to an entrée can be an easy way to forgo the salt shaker. Just make sure there's no hidden sodium in your selection. For example, canned jalapeno peppers (1/4 cup, solids and liquids) have about 568 milligrams of sodium. **Tips:** Go for the pepper in its natural form to ditch the sodium used in processing. Or use herbs and salt-free spices instead.

14. Eating Out Restaurant food can be a huge source of hidden salt. Soups, appetizers with cheese or meat, casseroles, and rice pilaf are some dishes to watch out for. If you ask, most restaurants will prepare your food without added salt.

SASD Wellness News

FREE Skin Cancer Screening April 28th 4:00 - 6:15pm

The MHJ Foundation supports annual spring Skin Cancer Screenings in northeastern Wisconsin in collaboration with the **American Cancer Society** and the **St. Vincent Regional Cancer Center**.

HSHS St. Nicholas Hospital Surgery Center

3141 Saemann Ave.

Contact: Susie Runaas / **Phone Reservation:** 920-884-5991

Call to Reserve 920-884-5991 or follow the link below:

<http://www.maryhendricksonjohnson.org/screening-events/>

SASD LiveWell Series

Session 5: March 21st

Demystify Fats: *Understand the difference between the good, the bad, and the ugly!*

Exercise for Everyone: *Understanding the benefits of strength and cardio conditioning. This session includes a guided tour of the Fitness Center.*

Session 7: April 4th

Small Changes, Big Differences Part 2: *Understanding Emotional Eating*
Stretching and Foam Rolling: April 4th: Featuring Leah Paul MS, LAT
from Aurora Sports Medicine Institute.

Session 8: March 23rd & April 11th

Balanced Living and Meditation: *Learn the keys to help create a balanced life and meditation techniques. This session will feature a guided meditation exercise.*

NEW! Financial Wellness Series:

•**Session 1 “Estate Planning & Wills” April 18 / 5:00-6:00pm**

•**Session 2 “Maximizing Your Retirement” May 16 / 5-6:00pm**

Guest Speaker: Cindi Fox

Presented by Huhn Wessel & Company

South High School - LGI Room

Earn 10 Wellness Points for Attending—Spouses Welcome!

Attend both sessions and earn 25 Points!

Wellness Resources:

[SASD Wellness Website](#)

[LiveWell Series Flier](#)

[Financial Wellness Flier](#)

[FREE Skin Cancer Screen](#)

Fitness Classes: (Drop-ins Always Welcome!!!!)

SPARK

Tues & Thurs 4:30pm
Horace Mann Gym C
Instructor: Sarah

IGNITE

Tues & Thurs 5:15pm
Horace Mann Gym C
Instructor: Sarah

BootCamp

Mondays 4:30pm
South H.S. Room 116
Instructor: Nikki

Yoga

Tuesdays 3:30 & 4:30pm
South H.S. Room 116
Instructor: Nikki

Zumba

Mon & Wed 4:45pm
Jackson
Instructor: Penny

Rec Dept.

Spring Classes

Click [HERE](#) for schedule

Pickleball

Thursdays 6:45 - 8:45pm
Jefferson