

# Healthful Eating

## Tips for Convenient, Lower-Sodium Meals

(NAPSA)—Good news: You can take with a grain of salt the notion that the combination of quick-cook convenience and great taste offered by frozen home meal kits comes at the hidden price of high sodium.

To help dispel this myth, Food Network host Robin Miller suggests people try a new line of convenient, sensible sodium frozen entrées, *Tyson® Skillet Creations™* meal kits, and Miller also offers lower-sodium mealtime tips for a healthier, flavorful lifestyle.

“These days, couples are increasingly health conscious because they know things like lowering their intake of sodium may help reduce high blood pressure,” said Miller, chef and host of Food Network’s “Quick Fix Meals with Robin Miller.” “The new meal kits are a great solution since they give busy couples an easy way to maintain sensible sodium levels without sacrificing the flavors of their favorite foods.”

To help maintain a lower-sodium lifestyle, Miller also suggests the following:

**Spice It Up:** Herbs and spices are low in sodium and are a great way to add extra zest and flavor to any meal. Experiment with basil, rosemary, thyme and oregano to create delicious, low-sodium meals. To really add heat to your dish, consider cooking with peppery spices, such as cayenne pepper or crushed red pepper flakes.



**Be Keen About Meal Kits:** Some meal kits have high levels of sodium, so always check nutrition labels to choose options with sensible sodium levels. Try newer products, such as *Skillet Creations* meal kits, which offer the perfect combination of lower sodium, convenience and great taste. From bag to skillet to delicious in just 10 minutes, they contain 45 percent less sodium than previous Tyson meal kits and are available in the following five varieties: Grilled Chicken Fajitas, Grilled Steak Fajitas, Grilled Chicken Tuscany & Penne, Asian Style Orange Chicken and Stroganoff.

**Partner With Potassium:** To help offset sodium intake, include potassium-rich foods in your diet, which can counteract some of sodium’s negative effects on blood pressure. Enjoy potassium-filled foods throughout the day, such as sweet potatoes, orange juice, bananas, spinach and cantaloupe.

For more lower-sodium tips from Miller, visit [www.embrace.dinner.com](http://www.embrace.dinner.com).