

Welcome to **L.I.F.E....**

L.I.F.E. Newsletter

October, 2010

Issue 2

Nutrition



Are you salt-savy? Here's the scoop:

- Canadian's consume about 3500 mg of sodium/every day; an adequate intake is about 1500 mg/day,
- Salt increases fluid retention which increases blood pressure,
- High blood pressure is the #1 risk factor for cardiovascular disease,
- High salt foods: Breads, soups, sauces, prepared/fast foods, cheeses,
- Salt is an acquired taste,
- **A reduction in sodium to an average of 1800 mg/d would save Canadian Healthcare \$1.4 Billion and countless lives!**

Read food labels when you're shopping and select items which contain less than 200 mg sodium/serving. Sodium content in foods varies from brand to brand.

TOO MUCH TROP

400+

WATCH OUT ATTENTION

200-400

GO AHEAD ALLEZ-Y

0-200

mg of sodium per serving
mg de sodium par portion

Looking for a healthy snack?

Research is showing that a "grazing diet" which includes 3 meals and 2 - 4 snacks is the preferred pattern of eating. It helps to keep your metabolism and energy level high. For a Healthy mid-day snack try one of the following:

- Dried Fruit (1/4 c)
- Nuts/Seeds (1/4 cup)
- Whole fruit + yogurt
- Humus + raw mixed veggies
- Small whole wheat muffin
- Fruit cup or fruit sauce
- Lower fat popcorn
- Higher fibre cereal and milk
- Veggies & Dip
- Boiled Egg

What about Potassium and High BP?

Another big piece to the healthy blood pressure puzzle is Potassium. Found in several different fruits and vegetables (banana, beans, potatoes, peaches, apricots, nectarines, watermelon, cantaloup ...) Potassium helps to lower blood pressure. Unfortunately, Canadians are only consuming about half the amount of potassium the should to be healthy. So, if your doctor has told you that you have high blood pressure, reduce the amount of salt in your diet and increase the amount of fruits and vegetables you consume!

email: hslife@uwo.ca