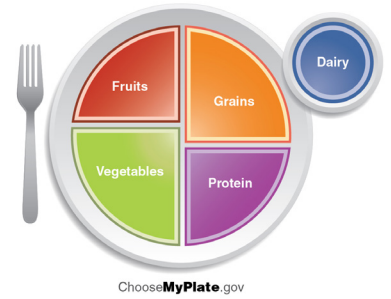




A Pioneering Area Agency on Aging

A Well-Seasoned Heart



All of us enjoy eating tasty, well-seasoned foods. However, we all need to be careful to limit our sodium intake to prevent and improve hypertension. Hypertension is a chronic disease that affects many older adults caused when blood pressure is consistently higher than what is recommended. Normal blood pressure is 120/80. Controlling sodium intake and eating a balanced diet can help lower your blood pressure and reduce your risk of developing cardiovascular disease.

Individuals with hypertension are advised to consume no more than 1,500 mg of sodium per day; about 3/4 a teaspoon of salt if you were to measure it out as one lump sum!

There is a large amount of salt added to our foods so it is very important to always read the Nutrition Facts Label for sodium content. The DASH Diet (Dietary Approaches to Stop Hypertension) is recommended for all, regardless of whether or not they are diagnosed with hypertension. The DASH diet is used to prevent and control high blood pressure. It is naturally low in sodium because of the strong emphasis placed on whole foods. It is a well-balanced diet that incorporates an abundance of fruits and vegetables as well as a reduction in saturated fat, total fat, cholesterol and sweets. Since the DASH diet is high in fiber, gradual increases of fruits, vegetables, and whole grains should be made over time.

Did you know that salt is an acquired taste?

Salt is an acquired taste that is developed over time. We become accustomed to salty foods and start to crave the saltiness even more. Cutting down on this acquired taste can be difficult, but learning different ways to flavor foods may help decrease your risk for a variety of chronic diseases. The body adjusts to this decreased salt intake fairly well. In time, you crave salty foods less. Eventually some may even taste too salty.

Did you know that salt is used for more than just flavoring food?

Salt is used for more than just flavoring. Salt acts as a preservative, which is why it is commonly used in canned and meat products. Salt also affects the texture in many food products such as yeast breads. It stabilizes the volume of certain

products such as egg whites. Some products such as cheese, can't even be made without salt. Cheese depends upon salt to add flavor, texture, quality, shelf-life and safety.

Did you know that most of the sodium that Americans consume comes from processed foods?

By limiting the amount of processed foods, we can help decrease our sodium intake. Processed foods that tend to be high in sodium include canned soup, cheese, potato chips, crackers, ready-to-eat frozen dinners, processed meats (luncheon meats and hot dogs), and many other processed foods. Many companies are now adding "reduced sodium" and "no salt added" options. Make sure to read the Nutrition Facts Label and compare similar products and brands to determine which is the healthier choice.

Did you know that a diet high in fruits and vegetables can help hinder the effects sodium has on blood pressure?

Many fruits and vegetables are often high in potassium. Potassium works in the body to regulate blood pressure, which has beneficial rewards for cardiovascular health. Sodium and potassium can help control fluid movement as well as regulate blood pressure. The recommended intake of potassium is 4,700 mg. Most Americans tend to consume much smaller amounts of potassium.

Spice it Up!

There are a variety of spices to season your food that do not contain salt! A variety of salt-free seasonings are available in the spice section at most supermarkets. Try these tasty tricks to reduce your salt usage when cooking:

- Add lemon or vinegar to fish or meat, as well as many vegetables.
- Season meat with onion, garlic powder, green pepper, ginger, dry mustard, sage and marjoram.
- Cook with fresh mushrooms and unsalted tomato sauce.
- Season vegetables with onion, mint, ginger, dill seed, parsley, green pepper or fresh mushrooms.

BIALS
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CAARYWA
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NITCPA
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TORCLAIN
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LLID
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FEENNL
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LARGIC
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REVDANLE
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NOELM SRSAG
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ITNM
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NINOO
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NOAREGO
53 7 40 47

ERYORASM
59 14 55 32

ESGA
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ROESRL
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RGROATAN
1 42 57

HEYTM
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Did You Know?

Seventy-seven percent of salt in our diet comes from processed foods. Less than 10 percent comes from the actual salt shaker.

Call 402-441-7159 to talk with one of our registered dietitian nutritionists about your diet goals and how to incorporate more fiber into your diet.

ANSWERS:

basil, bay, caraway, catnip, chives, cilantro, dill, fennel, garlic, lavender, lemon grass, mint, parsley, onion, oregano, rosemary, sage, sorrel, tarragon, thyme

Phrase: Try some of these delectable herbs in your cooking to cut back on added sodium in your diet.

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22 45 46 K 47 48 49 50 15 51 15 52 53 50 54 U 55 56 57 58 59 U 60 15 61 62 44