



COMMUNITY HOSPITALS AND WELLNESS CENTERS

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MEDICAL NUTRITION THERAPY

Fat Controlled & Sodium Controlled (2000 milligrams sodium)

Name: _____

Dietitian: _____

Phone: _____

Date: _____

Factors that increase risk for heart disease

- * high cholesterol (saturated fats & cholesterol raise cholesterol levels in the blood)
- * high triglycerides
- * high blood pressure
- * physical inactivity
- * smoking
- * diabetes
- * overweight/obesity
- * age (men >45 have a greater risk, women >55 have a greater risk)
- * gender (postmenopausal women have a greater risk)
- * family history of heart disease

Cholesterol

Cholesterol is a fatty substance that is produced in your liver. It is also found in foods from animals, including meats, poultry, fish, seafood and dairy. Cholesterol makes substances that help different parts of the body function properly. Cholesterol's most important job is to help carry fat through your blood vessels. It also helps produce Vitamin D and acids that help process the fats you eat.

Types of Cholesterol

1. LDL (low density lipoproteins)
 - * "bad" cholesterol
 - * carries fat to your body's cells
 - * builds up on inner walls of arteries making the arteries too narrow which slows the flow of blood and oxygen to the heart
 - * the greater the LDL, the more risk of having a heart attack or stroke
2. HDL (high density lipoproteins)
 - * "good" cholesterol
 - * helps remove LDL "bad" cholesterol
 - * helps slow the build-up in arteries to protect you from a heart attack
 - * smoking decreases HDL level in the blood
3. VLDL (very low density lipoproteins)
 - * made up of protein, triglycerides and some cholesterol
 - * feeds the cells
4. Triglycerides
 - * fats in the blood
 - * also produced from overeating - the body will store extra fat as triglycerides
 - * alcohol raises fat levels in the blood - if you drink alcohol, limit yourself to less than 2 drinks a day

	<u>DESIRABLE</u>	<u>BORDERLINE-HIGH RISK</u>	<u>HIGH RISK</u>
cholesterol	<200mg/dl	200-239	>240
HDL	>60	--	< 40 Men <50 Women
LDL	<100	101-159	>160
Triglycerides	<150	150-199	>200
Ratio	<4	>4	--

Total Cholesterol = HDL + LDL + VLDL

Triglycerides/5 = VLDL

LDL= Total Cholesterol - HDL - (triglycerides/5)

Ratio = total cholesterol divided by HDL

How Cholesterol Works

1. You eat foods that contain fat.
2. The fat is digested and absorbed in your small intestine and is then sent to your liver for processing.
3. The liver loads the fat into VLDL's. The VLDL's then travel through your blood vessels and unload fat. Once the VLDL's unload the fat, they become LDL's.
4. The LDL pieces get stuck along the blood vessel walls which narrows the blood vessels.
5. The HDL's rescue the stuck LDL's and take them back to the liver where they are recycled into new VLDL's or broken down and excreted.
6. If you eat too much fat, your liver makes extra VLDL's to carry the fat, more LDL pieces become stuck and then there are not enough HDL's to rescue them all, which may lead to a heart attack.

Types of Fat

1. Saturated
 - * solid at room temperature
 - * found in animal sources, such as: lard, butter, whole milk, cheese, other high-fat dairy products, sausage, ham, fatty ground beef, red meat marbled with fat and poultry skin. Some plant foods including coconut oil, palm oil, palm kernel oil, and cocoa butter used to make chocolate also contain saturated fat.

2. Polyunsaturated
 - * liquid at room temperature
 - * found in vegetable oils (safflower, corn, soybean, sunflower) and seafood.
3. Monounsaturated
 - * liquid at room temperature
 - * found in canola oil, olive oil, peanut oil, nuts, avocado, and peanut butter

When substituted for saturated fatty acids, polyunsaturated and monounsaturated fatty acids may help to lower blood cholesterol levels.

4. Trans Fat

- * Also known as partially hydrogenated oil.
- * As unsaturated fats and oils are hydrogenated, fatty acids known as trans fatty acids are formed. Trans fatty acids or trans fat can raise total blood cholesterol and LDL cholesterol and lower HDL cholesterol. Many manufacturers have stopped using partially hydrogenated oil as an ingredient, but it can still be found in some brands of canned frosting, baking mixes, microwave popcorn, frozen pizza, baked goods, fried food, coffee creamer and stick margarine.
- * After June 2018, partially hydrogenated oil will no longer be permitted as an ingredient in foods. Trans fat is no longer considered “generally recognized as safe” (GRAS). After 2018 companies may petition for the limited use of partially hydrogenated oil.
- * Trans Fats must be listed on the Nutrition Facts label. If a product contains partially hydrogenated oil, but the amount of trans fat is less than 0.5 grams per serving, the amount of trans fat may be listed as 0 grams. Check ingredient lists for partially hydrogenated oil and avoid products that contain it.
- * When choosing a tub margarine, make sure the first ingredient is a liquid oil. Then compare polyunsaturated fats and compare them to the amount of saturated fat. The ratio should be 2:1 (unsaturated:saturated). Avoid tub margarine that contains partially hydrogenated oil.

Example: Tub Margarine contains:

2 grams monounsaturated fat
 2 grams polyunsaturated fat
 2 grams saturated fat
 0 grams trans fat

ratio = 4:2 = 2:1

(This margarine would be acceptable to use.)

- * Most tub margarines are acceptable to use except for the following brands: Dairy Fresh & Country Crock tub margarine.

Effects of fat on Cholesterol Levels:

Saturated

Increase LDL - makes heart and artery disease more likely

Polyunsaturated

Decrease LDL, Decrease HDL

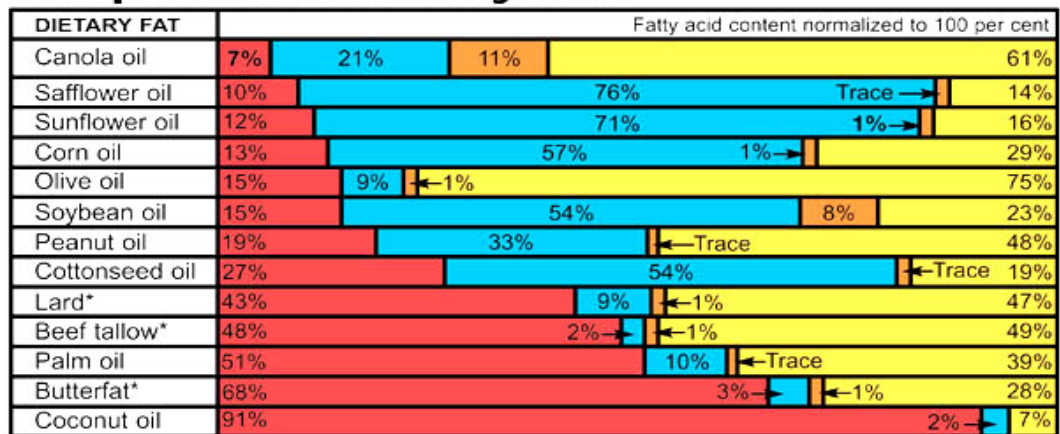
Monounsaturated

Decrease LDL, Increase HDL

Trans Fatty Acids


Increase LDL, Decrease HDL - If label says hydrogenated or partially hydrogenated, be aware of trans fat.

Comparison of Dietary Fats



* Cholesterol Content (mg/Tbsp): Lard 12; Beef tallow 14; Butterfat 33. No cholesterol in any vegetable-based oil.
Source: POS Pilot Plant Corporation, Saskatoon, Saskatchewan, Canada June 1994

 SATURATED FAT


 MONOUNSATURATED FAT



CANOLA COUNCIL OF CANADA 400-167 LOMBARD AVENUE WINNIPEG MANITOBA CANADA R3B 0T6

 POLYUNSATURATED FAT

 Linoleic Acid

 Alpha-Linolenic Acid
(An Omega-3 Fatty Acid)

Lifestyle Changes to Help Lower Cholesterol and Improve Heart Health

- 1) Eat less saturated fat - < 5% total calories
- 2) Avoid trans fat - < 1% total calories
- 3) Choose monounsaturated and polyunsaturated fats in place of saturated and trans fats - aim for total fat intake to be 25-35% of total calories.
- 4) Eat less cholesterol - <200 mg/day
- 5) Be more active - 30 minutes or more, at least 5 days/ week.
 - Exercising 5 times each week, for at least 30 minutes/day, not only helps lower cholesterol, but also helps control weight, lowers blood pressure, lowers risk of diabetes and helps reduce stress. Examples of exercise are brisk walking, running, swimming, cycling, dancing, jumping rope, skating and aerobics.
 - Incorporate light weights into exercise routine for maximum benefit.
 - Exercise lowers LDL cholesterol and triglycerides and raises HDL cholesterol.
- 6) Eat more fiber
 - Fiber helps to lower cholesterol.
 - Daily fiber goal: 28-35 grams of total fiber. (10 - 15 grams should be soluble)
 - Choose more soluble fiber from apples, oat bran, corn bran, rolled oats, legumes (black beans, kidney beans, lentils, navy beans...), carrots, broccoli, oranges and plums.
 - A diet high in fiber will include more fruits and vegetables, which provide many natural vitamins and minerals.
 - High fiber foods contain ≥ 3 grams of fiber per serving. (look at the food label)
- 7) Eat at least 5 servings of vegetables and fruits each day
 - For best results, choose a variety of different vegetables and fruits each day. Try to choose different colored produce – green, yellow, orange, red, purple, blue, and white. Different colors represent different nutrient profiles.

- 8) Limit simple sugars and refined carbohydrates
 - Some common names for sugar include table sugar, brown sugar, honey, syrups, agave nectar, and high fructose corn syrup. Limit foods that are high in added sugar like pop, sugar-sweetened beverages, specialty coffee drinks, candy, and baked goods.
 - Refined carbohydrates include any product that contains white flour such as white bread, pastries, crackers, snack foods and baked goods. Limit regular pasta and white rice. Choose whole grain varieties instead.
- 9) Consider adding plant sterols and stanols to your diet – talk to your doctor first.
 - Plant sterols and stanols are naturally occurring substances found in plants.
 - 2 grams per day is the amount shown to be beneficial.
 - Plant sterols and stanols are extracted from plants and used in commercial products.
 - Commercial products with added sterols and stanols include: Benecol and Promise activ spreads; Joseph's Flatbread with CardioAid; Minute Maid Premium HeartWise orange juice; and Nature Valley Healthy Heart granola bar.
- 10) Reduce sodium intake to no more than 1,500-2,300 mg per day
 - Avoid adding salt at the table and when cooking – use herbs and spices instead.
 - Choose minimally processed foods like fresh and frozen fruits and vegetables; fresh meat, poultry, and seafood; whole, unseasoned grain products; low fat milk and yogurt and natural cheeses.

Lifestyle Changes to Help Lower Triglycerides

- 1) Lose weight if needed
- 2) Increase physical activity
- 3) Limit alcohol consumption
 - Alcohol consumption raises triglycerides, raises HDL cholesterol and increases high blood pressure. Limit alcohol intake to 1 drink per day for ladies and 2 drinks per day for men. 1 drink = 5 oz wine, 12 oz beer, 1 oz liquor.
- 4) Limit Simple Sugars and refined carbohydrates (please see above)

- 5) Consider adding omega-3 fatty acids to your diet
 - Fish (especially fatty fish like salmon, tuna, mackerel and herring), ground flaxseed, chia seeds, and walnuts are good sources of omega-3 fatty acids and may help lower triglycerides.
- 6) Follow other recommendations listed above.

Decoding the Nutrition Facts Label

Nutrition Facts

Serving Size 2 Tbsp. (32g)

Servings Per Container 25

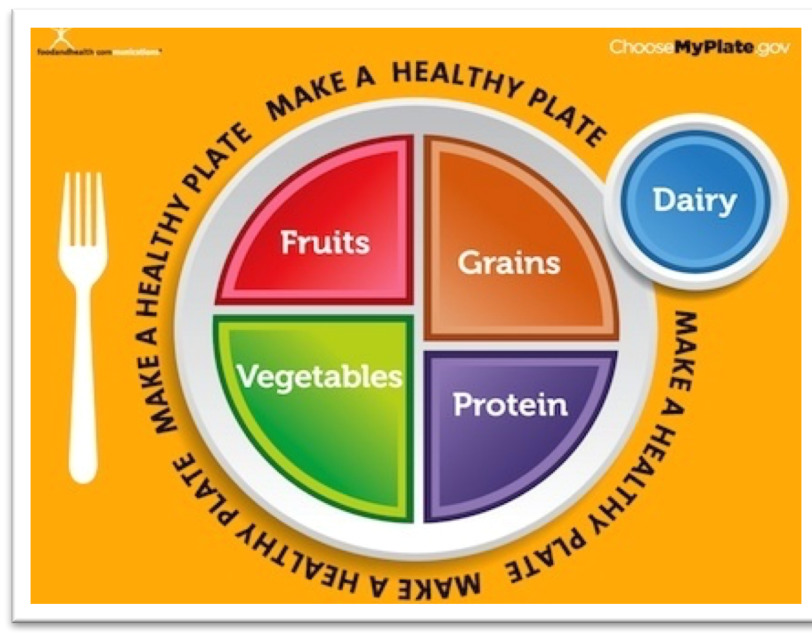
Amount Per Serving

Calories 190 **Calories from Fat** 130

	% Daily Value*
Total Fat 16g	25%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	9%
Sugars 5g	
Protein 5g	

*Percent Daily Value based on a 2,000 calorie diet

When looking at a nutrition facts label be sure to look at the Portion Size, Total Fat, Saturated Fat, Trans Fat, Cholesterol, and Sodium. Avoid foods with more than 250 mg of sodium per serving (or entire frozen meals with more than 700 mg of sodium)



Breads/Cereals

Standard portion size = 1 slice or 1/2 cup

Suggested serving per meal = 2 to 3 (6-11 per day)

Calories per serving = 60 to 90 **Carbohydrate grams per serving** = 15

Choose

*look for 100% whole grain varieties of the following foods:

Whole grain breads, bagels, English muffins, whole wheat breads, pretzels.

Cereals 3/4 cup
Oatmeal
Cream of Wheat

Crackers (with 2-3 grams of fat per serving)

Rice (brown rice best)

Spaghetti, macaroni, pasta

Flour or corn tortillas

Quinoa, barley, rye, amaranth, millet, buckwheat

Decrease

*limit refined/processed grains or those made with white flour

Commercial baked goods: pies, cakes, doughnuts, croissants, cookies, pastries, muffins, biscuits, white breads, Bisquick.

Cereals with added fat:
Granola, Cracklin' Oat Bran.
Sweetened cereals

High fat crackers (Ritz, Club, Townhouse)

Meat and Meat Substitutes

Standard portion size = 3 to 4 ounces per meal.

Suggested servings per day = 5 ounces for women; 7 ounces for men.

Calories per ounce = 55 to 75

Carbohydrates per serving = 0

<u>Food</u>	<u>Choose</u>	<u>Decrease</u>
Beef	Lean cuts of beef such as round, sirloin, flank, tenderloin, ground chuck, ground beef that is 80-85% lean or extra lean or ground round, veal (all cuts)	Regular ground beef, ribs, steaks (T-bone, porterhouse), corned beef, prime rib.
Pork:	Pork tenderloin, 80-85% lean or extra lean ground pork, loin chops, loin roast,	Pork sausage, pork steak, bacon, ham, spareribs
Poultry:	Skinless chicken and turkey, cornish hens, ground turkey (greater than 90% lean)	Fried chicken, skin on poultry, domestic duck or goose
Fish:	All fresh and frozen fish, tuna (packed in water), salmon, mackerel, shrimp lobster, crab, scallops, clams, oysters, herring	Canned fish packed in oil, fried fish
Eggs:	Egg whites (2 egg whites = 1 whole egg) or egg substitutes	Whole eggs to 3-4 per week
Cheese:	Low fat cottage cheese, part-skim cheese, fat-free or low-fat cheeses	All regular cheeses: American, swiss, colby, etc.
Other:	95%-99% fat free lunch Meats (reduced sodium)	Other lunch meats, liver, heart, kidney, sweetbreads, sausage, knockwurst, bratwurst, hot dogs

How to Prepare Lean Meat:

1. Trim all visible fat from meat before cooking.
2. Bake, broil, grill, roast, stir-fry, braise or stew instead of fry.
3. Drain the fat from cooked ground pork or beef.
4. Put homemade meat soups and stews in the refrigerator for a few hours so fat will congeal on top and you can skim it off.
5. Avoid gravies and sauces unless they are a low fat variety.

Fruits

Standard portion size = 1/2 cup or 1 medium piece. (Fresh fruit contains more fiber)

Suggested servings per day = 2 to 4

Calories per serving = 60 to 90

Carbohydrate grams per serving = 15

Choose

All fresh, frozen canned (in their own juice) or dried fruits, fruit juice (100% juice or NO sugar added)

Decrease

Fruits canned in heavy syrup, candied fruit.

Vegetables

Standard portion size = 1/2 cup cooked or 1 cup raw. (Fresh vegetables contain more fiber)

Suggested serving per day = 3-5.

Calories per serving = 25

Carbohydrate grams per serving = 5

Choose

All fresh, frozen or canned vegetables.

Decrease

Vegetables prepared in butter, cream or other sauces.

Milk and Milk Products

Standard portion size = 1 cup

Suggested servings per day = 2-3

Calories per serving = 90

Carbohydrate grams per servings = 12-15

Choose

Skim milk

1% or 1/2% milk

Skim buttermilk

Nonfat yogurt

Evaporated skim milk

Nonfat dry milk

Low fat or fat-free Eagle Brand
condensed milk

Almond milk

Soy milk

Decrease

Whole milk

2% milk

Cream

Half & Half

Sour cream

Whipped cream

Evaporated whole milk

Regular Condensed Milk

Chocolate milk

Snacks

Limit to 1 serving or less per day

Choose

Plain popcorn (air popped),

Small Act II 96% fat-free microwave
popcorn, Orville Redenbacher

smart pop, Pop Secret by Request,
pretzels, crackers (low-fat),

Baked Tortilla Chips with salsa,

fat-free/sugar free pudding,

fat-free/sugar-free ice cream, sherbet,

sugar-free fudgesicles, sorbet, fruit boosters

Decrease

Regular microwave popcorn,
granola bars, cheese
and crackers, potato chips,
corn chips, cookies, cakes, pies,
ice cream.

Fats

Standard portion size = 1 Tablespoon lite or 1 teaspoon regular

Suggested serving per day = Not more than 3 or 4

Calories per serving = 45

Carbohydrates per serving = 0

Choose

Baking cocoa

Monounsaturated Oils:

Olive, canola, peanut

Trans fat free tub margarine:

Ultra Promise, Lower Fat

Fleishmann's, Butter Buds spread

Decrease

Chocolate

Shortening, lard, coconut oil,
palm oil

Butter

Choose

Fat free spray margarines:
I Can't Believe It's Not Butter,
Fleishmann's, Parkay

Low fat salad dressing
*Fat free salad dressing

Light mayonnaise
*Fat free mayonnaise

Light, fat free sour cream

Non-stick cooking spray

Philadelphia brand fat-free cream cheese**

Decrease

Regular salad dressing

Regular mayonnaise

Sour cream

**use caution when purchasing fat free products as some contain extra salt and sugar

EATING OUT

1. Avoid "super" or "deluxe" items.
2. Avoid foods that are described as golden, crispy or breaded. They are usually deep-fried.
3. Avoid gravies and sauces on meats, potatoes and vegetables.
4. Ask for salad dressing on the side and add sparingly to salad.
5. Ask your server how items are prepared, if the menu is not specific enough.
6. If portions are too large when served, ask for a "doggie" bag at the beginning of the meal. Package up the excess portion to be enjoyed the next day.
7. Avoid buffets, they often promote overeating and large portions.
8. If you know you will be tempted with dessert, order a lower fat entree and go easy on sauces and salad dressings
9. Order broiled, baked or grilled meat, fish and chicken entrees or try a pasta dish with a tomato-based sauce.

RECIPE MODIFICATIONS **FOR LOWERING TOTAL FAT, SATURATED FAT, AND CHOLESTEROL**

FOR:	TRY
1 Whole Egg	1/4 cup egg substitute or 2 Egg Whites Flax Egg = 2 T ground flax seed + 2.5 T water
1 cup Butter	Depending on type of recipe: 1 cup trans fat free tub margarine or 1/2 cup trans fat free tub margarine and 1/2 cup nonfat plain yogurt or 1 cup nonfat plain yogurt, or 1 cup applesauce, or 1/2 cup applesauce and 1/2 cup skim milk
1 cup Shortening or Lard	2/3 cup Vegetable oil
1/2 cup Shortening	1/3 cup Vegetable oil
1 cup Whole Milk	1 cup Skim milk or 1 cup 1/2% milk
1 cup buttermilk	1 cup skim buttermilk or 1 Tablespoon lemon juice or vinegar added to 1 cup skim milk
1 cup Light Cream	1 cup Evaporated Skim Milk or 3 Tablespoons oil and Skim milk to equal 1 cup
1 cup Heavy Cream	1 cup plain Low fat Yogurt or 2/3 cup Skim milk and 1/3 cup oil
1 cup Sour Cream	1 cup Nonfat Sour Cream or 1 cup Nonfat Yogurt
1 cup Mayonnaise	1 cup Nonfat Mayonnaise

1 ounce Cream Cheese	Light Cream Cheese or drain liquid from non-fat yogurt by placing yogurt in coffee filter or cheese cloth for 24 hours in refrigerator
1 ounce Regular Cheese	Reduced-fat, low-fat, part skim milk, or nonfat cheese
1 Tablespoon Salad Dressing	1 Tblsp. Low-Calorie or Fat Free Salad Dressing
1 ounce (1 square) Baking Chocolate	3 Tblsp. Powdered Cocoa and 1 Tblsp. oil
1 cup chocolate chips	1/4 - 1/2 cup chocolate chips
1 can Condensed Soup	Campbell's 97% Fat Free cream soups (Healthy Request)
1 ounce Bacon (2 strips)	1 ounce Turkey Bacon or 1 ounce lean ham
1/2 cup chopped nuts	1/2 cup grape nuts
1 cup all-purpose flour	1 cup whole wheat flour minus 2 Tblsps or 1/2 cup white and 1/2 cup wheat
Sugar	Reduce the amount from 1/2 to 1/4 original. Try sweetening with fruit - very ripe bananas, apple-sauce or fruit concentrate (1 Tblsp fruit juice concentrate = 1 tsp sugar)
White sauce	Eliminate the fat and blend as usual with cornstarch and non-fat milk.

LOW FAT BROWNIE RECIPE:

1 box brownie mix
2 egg whites for each whole egg
Non-fat plain yogurt in place of oil

Follow instructions listed on the box.

CHEESE

When purchasing cheese it is important to look at the label to determine how much fat is in each slice. It is recommended to look for cheese low in fat. Try to purchase cheese made from 2% or less milk fat. Look for cheeses that have less than 3 grams of fat per ounce. Use cheeses that contain 4 - 6 grams of fat per ounce sparingly. These cheeses still contain a high amount of saturated fat. Avoid cheeses with greater than six grams of fat per ounce. These are extremely high in saturated fats. Try to purchase cheese that is not individually wrapped. Kraft, Sargento, and other store brands offer cheese slices that are not individually wrapped. ****In fact Sargento offers "Ultrathin Cheese"; this is great way to have cheese while having portion control.

Type of Cheese	Calories per Slice	Grams of Fat	Milligrams of Sodium
Sargento Ultra Thin Swiss	40	3	22
Sargento Ultra Thin Baby Swiss	37	3	20
Sargento Ultra Thin Colby	43	3	67
Sargento Ultra Colby Jack	40	3	70
Sargento Ultra Thin Pepper Jack	40	3	70
Sargento Ultra Thin Cheddar Jack	40	3	70
Sargento Ultra Thin Mild Cheddar	43	4	70
Sargento Ultra Thin Sharp Cheddar	43	4	70
Sargento Ultra Thin Provolone	40	3	77
Regular Kraft American Processed Cheese	45	2.5	230

SAMPLE MENUS

Each meal consists of approximately 4 carbohydrate servings, which equals 1800 calories.

Breakfast

1½ cups unsweetened cereal
1 cup skim milk
¾ cup blueberries

Lunch

2 slices bread
2-3oz. lean meat
raw vegetables
1 piece fresh fruit
1 cup yogurt
1 Tblsp. low-fat mayo

Supper

3 oz lean meat
1 cup mashed potatoes
½ cup mixed fruit
green beans
1 Tblsp. low-fat margarine
½ cup sugar-free pudding

Breakfast

1 cup oatmeal
2 Tblsp. raisins
1 cup skim milk

Lunch

1 cup chili
baked potato
1¼ cup watermelon
raw vegetables
2 Tblsp. low-fat dip

Supper

1½ cup beef & noodles
½ cup corn
salad
¼ cup cottage cheese
½ cup mixed fruit

Breakfast

2 small pancakes
1¼ cup strawberries
1 cup skim milk

Lunch

1 cup soup
6 saltine crackers
½-¾ C low-fat cottage cheese
salad
1 cup cantaloupe
2 Tblsp. low-fat salad dressing

Supper

1½ cup pasta
Meat and tomato sauce
1 slice bread
broccoli, cooked
½ cup chunky applesauce

Breakfast

Lender's size bagel
1 oz low-fat cheese or
fat-free cream cheese
¾ cup fresh raspberries

Lunch (i.e. fast food meal)

Regular hamburger with bun
salad - any size with meat added
½ cup orange juice
small yogurt cone

Supper

1 cup casserole
salad
½ cup cooked carrots
½ cup canned fruit
1 slice homemade bread

Breakfast

2 frozen waffles
1 banana
1 cup yogurt

Lunch

3 oz grilled chicken
1 cup soup
baked potato
½ cup applesauce
mixed vegetables - cooked

Supper

1 cup tomato soup
grilled cheese sandwich made
 with low-fat cheese
½ cup mixed fruit
green beans
1 Tblsp. low-fat mayo

Breakfast

English muffin
1 Tblsp. peanut butter
1¼ cup strawberries

Lunch

2 tacos
1 piece fresh fruit
raw vegetables
½ cup sugar-free pudding

Supper

3 oz. cut up chicken, cooked
1 cup rice
1 cup skim milk
low-fat sauce for stir fry
½ cup mixed fruit

Breakfast

½ cup oatmeal
2 slices toast
2 Tblsp. raisins
1 egg or ¼ cup egg beaters

Lunch

Healthy Choice frozen TV dinner

Supper

1 cup acorn squash
3 oz lean meat
salad
¾ cup blueberries
1 slice angel food cake
low-fat salad dressing
1 cup skim milk

2000 MILLIGRAMS SODIUM RESTRICTED DIET

Sodium restricted diets are used to control hypertension, edema, congestive heart failure, liver disease and renal disease.

Sodium is a mineral that is found in most plants and animals that we consume as food. The kidneys work to eliminate any sodium that the body does not need. In certain illnesses, however, the extra sodium stays in the body along with fluid and may result in edema, which may be harmful to the patient with renal or cardiovascular disease. To help prevent this accumulation of sodium and water in the body, sodium in the diet is provided in amounts the body needs to maintain a balance of sodium and water.

Salt and sodium is not the same thing. The most concentrated source of sodium is table salt, which contains 575 mg sodium in 1/4 teaspoon. Baking soda and baking powder also contain high levels of sodium.

As a general rule, the more processing a food has gone through, the higher the sodium content. Canned sauces, vegetables, soups, stews and convenience foods are all high in sodium content.

Certain types of medications contain sodium. Always check with your physician before using any un-prescribed medicine. Some medicines that contain sodium are: antacids, alka seltzer, cough medicines, laxatives, pain relievers, toothpastes and mouth washes.

In a sodium restricted diet, you should not use any type of salt, including garlic or onion salt, in the preparation of food, nor use any salt at the table. You will also need to read food labels carefully in order to avoid sodium additives.

The DASH Diet

The DASH Diet stands for Dietary Approaches to Stop Hypertension. This diet was developed as a lifelong approach to eating healthy while decreasing or preventing high blood pressure. This diet emphasizes consumption of vegetables, fruits, low fat dairy products, whole grains, fish, nuts and poultry. It is encouraged to consume foods rich in potassium, calcium, magnesium, fiber and other nutrients as a way to decrease blood pressure. Some examples of high potassium foods include oranges, apricots, bananas, honeydew, broccoli, brussel sprouts & potatoes. Magnesium can be found in the following food items: almonds, cashews, peanuts & soybeans.

Vegetables: 4-5 servings daily

Fruits: 4-5 servings daily

Grains (preferably whole grains): 7-8 servings daily

Low fat dairy products: 2-3 servings daily

Meat: 2 servings daily

Nuts, seeds, and beans: 4-5 servings per week

Oils: 2-3 servings daily

Sweets: 5 or less weekly

The DASH diet is not a weight loss program; however, decreasing portion sizes and making healthier choices may result in weight loss. When planning a meal, do not place meat as the main focus of the meal, but instead consider it as a part of the meal. Meat consumption should

mostly consist of white meat (chicken, turkey) and fish, rather than red meat. It is important to read the food labels carefully. If something is sodium free, it has 5 mg or less per serving. If the food item is labeled as low sodium, it is 149 mg or less per serving. Olive oil and canola are recommended to be used when cooking instead of saturated fats. Increasing or adding physical activity into current daily regiments will also help to decrease blood pressure. Cessation of smoking is also recommended to decrease blood pressure.

AVERAGE SODIUM VALUES OF SELECTED FOODS

<u>FOOD</u>	<u>SERVING SIZE</u>	<u>SODIUM (mg)</u>
Bacon	1 strip	140
Sausage	1 link	170
Ham	1 oz.	370
Hot Dog	1	640
Egg	1	62
Peanut Butter	2 Tbsp.	155
Ice Cream	1/2 cup	53
Milk - Skim	1 cup	126
Margarine	1 Tbsp.	95
Cottage Cheese	1/2 cup	457
Cheddar Cheese	1 oz.	176
American Processed Cheese	1 oz.	406
Canned Soup	1 cup	600-1000
Potato Chips	1 oz.	361
Popcorn - Microwave	3 cup	190
Tomato Juice	6 oz.	658
Salad Dressings	1 Tbsp.	50-300
Ketchup	1 Tbsp.	178
Soy Sauce	1/4 cup	3074
Roasted Peanuts	1 oz.	228

Dill Pickle	1 slice	77
Frozen Dinner	1 meal	600-1800

HERBS AND SPICES FOR LOW SODIUM DIETS

Perhaps your physician has restricted the salt (sodium) in your food. Now is the time to be adventurous and try some of the herbs, spices, and seasonings you may not have used before. Go lightly -- a little goes a long way. Enhance the food flavor -- don't overwhelm it! Don't limit yourself to one or two -- experiment with several. Here are suggestions for a start:

ALLSPICE	ground meats, stews, tomatoes, peaches
ALMOND EXTRACT	puddings, fruits
BASIL	egg, fish, lamb, ground meats, liver, stews, salads, soups, sauces, fish cocktails
BAY LEAVES	meats, stews, poultry, soups, tomatoes
CARAWAY SEEDS	meats, stews, soups, salads, breads, cabbage, asparagus, noodles
CHIVES	salads, vegetables, sauces
CIDER VINEGAR	salads, vegetables, sauces
CINNAMON	fruits (especially apples), breads, pie crusts
CURRY POWDER	meats (especially lamb, chicken, fish) tomatoes, tomato soup
DILL	fish sauces, soups, tomatoes, salads, macaroni
GARLIC	(not garlic salt) meats, soups, salads, vegetables, tomatoes
GINGER	chicken, fruits
LEMON JUICE	meats, fish, poultry, salads, vegetables
MACE	hot breads
MUSTARD	(dry) ground meats, salads, sauces
NUTMEG	fruits, cottage cheese, pie crust, potatoes
ONION	(not onion salt) meats, vegetables, salads
PAPRIKA	meats, fish, stews, sauces, soups, vegetables
PARSLEY	meats, fish, soups, salads, sauces, vegetables
PEPPERMINT EXTRACT	puddings, fruits
PIMENTO	salads, vegetables, casserole dishes
ROSEMARY	chicken, veal, meat loaf, beef, pork, sauces, stuffing, potatoes
SAGE	meats, stews, biscuits, tomatoes, green beans
SAVORY	salads, egg dishes, pork, ground meats, soups, green beans, squash, tomatoes, peas
THYME	eggs, meats (especially veal, pork), sauces, soups, tomatoes

FOOD	CHOOSE	LIMIT
Milk	Low sodium milk (as desired), 2 cups per day of regular whole, low fat or nonfat milk; unsalted buttermilk, evaporated or dry milk (reconstituted), yogurt	Salted buttermilk, chocolate milk, malted milk, eggnog, milkshakes, Dutch process cocoa drinks or mixes, all other kinds of milk including sweetened and condensed
Meat, Poultry, Fish, Cheese & Meat Substitutes	6 oz. per day (cooked weight) – fresh beef, veal, pork, lamb, chicken, turkey, liver, fish, low sodium luncheon meats (such as Healthy Choice brand) Substitute for 1 oz. of meat: <ul style="list-style-type: none"> • 1 oz. low sodium cheese • ½ c. low sodium cottage cheese • ½ c. unsalted (dietetic pack) canned tuna or salmon • 2 T. low sodium peanut butter 	Brains or kidneys; salted, smoked, cured or canned meat, fish & poultry (bacon, sausage, ham, Canadian bacon, bologna, luncheon meats, frankfurters, corned beef, dried beef); shellfish, kosher meat, frozen fish fillets, frozen precooked meals, all regular cheeses, salted peanut butter, commercial vegetarian meat substitute
Egg	1 per day prepared any style without salt or 1 egg substitute per day prepared without salt	More than 1 egg or egg substitute per day
Breads (serving size = 1 slice)	Up to 4 servings per day of low sodium bread, low sodium crackers, corn tortillas, homemade hot breads made with low sodium baking powder and without salt, regular loaf breads (white, wheat, rye, sourdough & French), yeast rolls	Regular breads and yeast rolls in excess of allowed amounts; regular crackers, cornbread, biscuits, pancakes, waffles, flour tortillas & all other regular baked goods
Cereals & Starches (serving size = ½ c.)	As desired – Puffed wheat or rice, Shredded Wheat, other low sodium dry cereals; rice, spaghetti, macaroni & noodles cooked in unsalted water; unsalted popcorn, pretzels, chips, cornstarch	All other dry cereals, instant hot cereals, instant seasoned rice, noodles & stuffing mixes; salted popcorn, pretzels & chips; self-rising cornmeal or flour
Fruits (serving size = ½ c.)	3 or more servings per day of fresh, frozen, canned fruit or fruit juice; raisins, prunes	Fruits dried with sodium sulfite, crystallized or glazed fruit, maraschino cherries

Vegetables (serving size = ½ c.)	2-4 servings per day of fresh, frozen or unsalted canned vegetables; dried beans, split peas and lentils, low sodium tomato & V-8 juice	All regular canned vegetables, regular tomato & V-8 juice, sauerkraut & other pickled vegetables, instant mashed potatoes & potato mixes, frozen vegetables in sauces, frozen vegetables with salt
Fats (serving size = 1 tsp.)	Butter, margarine, cooking fats, oils, French dressing, oil and vinegar dressing, mayonnaise, cream & avocados. Limit to 2 T. per day of cream, sour cream, cream cheese or non-dairy cream.	Regular butter, margarine & mayonnaise in excess of allowed amounts; regular salad dressings, bacon fat, salt pork, gravies prepared from salted bouillon or instant mixes
Sweet & Desserts	As desired- sugar, honey, molasses, syrup, jam, jelly, hard candy, jelly beans, gumdrops, marshmallows; the following prepared with low sodium baking powder and without salt or baking soda: cookies, cakes, pies, cobblers, coffee cake; unflavored gelatin or flavored gelatin; custard & pudding prepared with cornstarch, tapioca or rice using part of milk & egg allowance; ½ c. sherbet & ice cream	Regular desserts in excess of 1 serving per day
Beverages	Coffee, tea, herb tea, decaffeinated coffee, Postum, Kool-Aid, lemonade, powdered fruit drink mixes, soda water, carbonated beverages with less than 20 mg sodium per serving, alcohol with physician's permission	Carbonated beverages with more than 20 mg sodium per serving, softened water, mineral water
Soups (serving size – ½ c.)	1-2 serving per day of unsalted homemade soup using foods allowed, low sodium bouillon or broth, commercial low sodium soups	Regular (salted) bouillon or broth & commercial soups, soups using foods on avoid list

Miscellaneous	Salt substitute with physician's permission, fresh or dried herbs & spices, Mrs. Dash, vinegar, pepper, low sodium catsup, low sodium mustard, mustard powder, vanilla & other flavoring extracts, cream of tartar, yeast, sodium free baking powder, unsalted nuts	Salt (in cooking or added to food), "lite salt" seasoning salts (celery, garlic, onion, lemon pepper); regular catsup, prepared mustard, Worcestershire sauce, soy sauce, teriyaki sauce, BBQ sauce, chili sauce, MSG, olives, pickles, relish, salted nuts, meat tenderizer
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SAMPLE DAILY MEAL PLAN

Breakfast

½ c. orange juice
 ½ c. SF oatmeal
 1 SF scrambled egg
 2 slices toast
 2 tsp. margarine
 1 c. low fat milk
 pepper
 1 tsp. sugar
 jelly
 coffee or tea

Lunch

3 oz. SF roast beef
 ½ c. SF mashed potatoes
 ½ c. SF green beans
 Jell-o salad
 1 fresh apple
 1 slice bread
 1 tsp. regular margarine
 1 tsp. sugar
 pepper
 tea

Dinner

3 oz. baked chicken
 ½ c. SF sweet potatoes
 ½ c. SF peas
 Tossed green salad with French dressing
 1 slice apple pie
 1 slice bread
 1 tsp. margarine
 1 c. low fat milk
 1 tsp. sugar
 pepper
 tea

SF = salt free

Diet as designed provides approximately 1740 mg. sodium. Regular fats or other foods may be added to increase sodium level.

SALT FREE TACO SEASONING

Ingredients

- 6 tsp chili powder
- 4 1/2 tsp cumin
- 2 1/2 tsp garlic powder
- 5 tsp paprika
- 3 tsp onion powder

Directions:

- Stir everything together and store in a jar, plastic container, or zip top bags.
- 7 teaspoons of this mixture equals a 1.25oz. pkg. of taco seasoning. Yield: 3 "packages"

By JANE LOUISE lovinspoonful

<http://www.justapinch.com/recipes/sauce-spread/marinade/salt-and-sodium-free-taco-seasoning.html>