



Chef Charles Says...

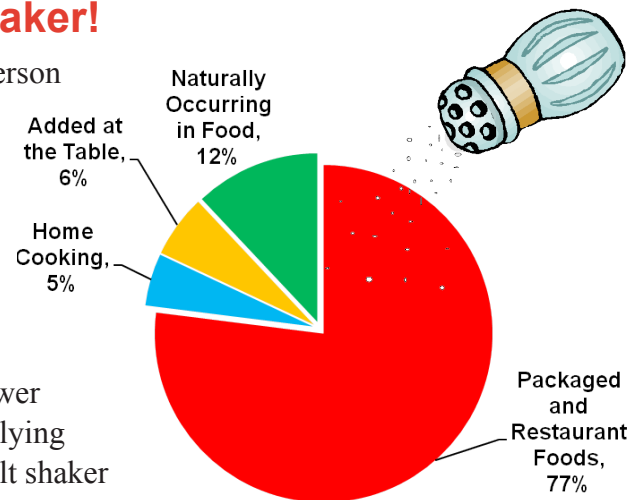


June

Get The News

Congress is concerned about your salt shaker!

Why is Congress concerned about salt shakers? The average person in America consumes about 3,500 milligrams (mg) of sodium a day. That is more than twice the 1,500 mg recommended for people 40 and older, African-Americans and anyone with high blood pressure. Seventy percent of Americans fit in this category. In April, 2010, Congress received a report from the Institute of Medicine with recommendations on how to lower the amount of sodium in the American diet. The major change suggested by the report is to have restaurants and food manufacturers, over time, lower the sodium in their foods. Sodium can raise blood pressure, multiplying the risk of heart attacks and especially strokes. You can hide the salt shaker and only control eleven percent of the sodium found in your diet. The rest of the sodium naturally occurs in foods and is in processed, pre-packaged foods or restaurant foods.



What is Salt?

When you hear the word, salt most people think of table salt, a seasoning found in most kitchens. The term salt does not mean the same as sodium because salt is only 40 percent sodium. Table salt is made of sodium and chloride.

Common Terms used to describe salt in food products

- ◆ **Sodium-free:** less than 5 milligrams of sodium per serving
- ◆ **Very low-sodium:** 35 milligrams or less per serving
- ◆ **Low-sodium:** 140 milligrams or less per serving
- ◆ **Reduced sodium:** usual sodium level is reduced by 25 percent
- ◆ **Unsalted, no salt added or without added salt:** made without the salt that's normally used, but still contains the sodium that's a natural part of the food itself

Chef Charles

Asks the Questions

How does sodium harm my body?

Sodium causes your body to hold extra water. This can make certain conditions, such as heart failure or kidney disease, worse. For example, if you have heart failure, too much sodium makes it harder for your already weakened heart to pump and can lead to sudden heart failure. Fluid may build up in your lungs, making it harder for you to breathe, and in your feet, ankles, legs, and stomach.

Resource

If you are looking for low-sodium recipes to make at home, visit the "Delicious Healthy Eating website for National Lung, Blood and Heart Institute".

<http://hp2010.nhlbihin.net/healthyeating/>



Developed by:
Iowa Department of Public Health, www.idph.state.ia.us/nutritionnetwork
Iowa State University Extension, www.extension.iastate.edu
Iowa Department on Aging, www.state.ia.us/elderaffairs

Information & resources for seniors with home & family questions - ISU AnswerLine 1-800-262-3804

Pick a Better... Restaurant Food with Salt

For many people, eating out is something they do to relax and socialize. To avoid sodium when you eat out requires extra effort, because you cannot always tell by looking at the menu which items are high in sodium. It often depends on how the restaurant prepares the meal, what ingredients they use, and how much salt they add. Here are some ways to avoid sodium when you dine out.

- ◆ Choose restaurants where the food is made to order, instead of choosing fast-food or buffet-style restaurants.
- ◆ Ask how the food is prepared and if the restaurant offers low-sodium menu items.
- ◆ Request that your meal be prepared with no added salt.
- ◆ Ask for the nutrition information when you do eat at a

fast-food restaurant. Most fast-food restaurants have nutrition information available, including sodium content.

- ◆ If you eat at a restaurant several times a week, it is worth your time to talk to the cook or chef to learn how much salt is added to recipes. Also, ask about what packaged products are used, because they usually have a lot of sodium.
- ◆ When you eat out, try to eat very low-sodium items the rest of the day. This will help you stay within your sodium limit for the day.
- ◆ While fresh beef, pork, chicken and turkey are naturally low in sodium, many processors sell so-called “enhanced” products which are essentially marinated in salt water. While different

brands of processed products, such as bacon, sausage, deli meats, hot dogs and frozen dinners, may appear extremely similar, the sodium content often varies widely from brand to brand.

- ◆ Learn what food items are okay and which ones to avoid. For example, 1 tablespoon of soy sauce has more than 1,000 mg of sodium, and 1 teaspoon of salt has about 2,000 mg of sodium. You can use the following list, Tips for Eating Out, and bring it with you to the restaurant.

Ice cream, sherbet, frozen yogurt, and angel food cake are all lower-sodium dessert choices.

Tips for Eating Out

Foods to Avoid	Instead, choose or ask for...
Smoked, cured, and salted meat, fish, and poultry	Fresh, grilled, baked, poached, or broiled meat, fish, or poultry
Canned vegetables	Fresh steamed vegetables with no added salt. (Assume that cooked vegetables have added salt unless you ask for them to be prepared without it.)
Condiments, such as pickles, olives, tartar sauce, and ketchup	Pepper, spice mixtures such as Mrs. Dash, fresh herbs such as cilantro in a Mexican restaurant, sliced cucumbers, malt vinegar, low-sodium ketchup and mustard, lemon and lime wedges
Sauces, including soy sauce, canned tomato sauce, au jus, and gravy	Low-sodium soy sauce, olive oil
Salad dressings	Oil and vinegar, lemon juice, or low-sodium dressing
Fast foods, including french fries, pizza, and tacos	Plain baked potato, grilled chicken sandwich
Soups and broths	Salads without croutons, bacon, cheese, or olives
Any drink that contains tomato juice or V-8. This includes alcoholic drinks like a Bloody Mary.	Orange juice, other citrus juices, or soft drinks
Fried or seasoned rice	Steamed plain rice. (Asian restaurants often add salt to steamed rice. Be sure to ask for steamed rice without added salt.)
Pasta with tomato sauce or paste	Pasta tossed in olive oil or with fresh tomatoes

Food Safety

Hold the Mold!



Some molds are safe, some harmful. The molds that are an essential part of blue cheeses are safe, for instance. But the fuzzy molds on some foods can be toxic. Molds on grains are generally the worst. Besides the visible mold,

threadlike mold toxins can penetrate the food. Mold toxins cannot be destroyed by cooking. The greatest risk is for those who are in poor health. Remember:

- ◆ Do not buy produce with mold on it.
- ◆ Keep food refrigerated to discourage mold.
- ◆ Keep produce dry, and wash it only when ready to eat it. Moisture promotes mold.
- ◆ Throw out moldy bread and grain products, as well as moldy meats, nuts, peanut butter, soft cheese, yogurt, jams, syrups, applesauce, leftovers and soft fruit such as melons or peaches.
- ◆ Discard small fruits if moldy. If a few berries are moldy, it is okay to eat the rest, but look them over carefully.
- ◆ Cut a small area of mold out of a large, hard fruit or vegetable such as an apple, potato, cauliflower, or onion. Cut one inch around the mold.
- ◆ It is okay to cut mold off hard cheese which has less moisture. Cut at least an inch away from the mold.
- ◆ When in doubt, throw it out.

UC Berkeley Wellness Newsletter, March 2010



Have you heard of sea salt? Some may believe that it is healthier than ordinary table salt, but the truth is, it is all sodium chloride. Some sea salts may contain small amounts of trace minerals, but they may not contain iodine, an essential nutrient added to table salt. Because sea salt is a larger crystal than table salt, when you compare teaspoon amounts of the two, you will find the sea salt has less sodium. Because sodium is such a health concern, cutting down on all forms of sodium including table and sea salt is a good recommendation.

Cold Fusilli

Pasta with

Summer Vegetables

8 ounces whole-wheat (spiral) pasta
2 cups cherry tomatoes, rinsed and halved
1 green bell pepper, rinsed and sliced in pieces about ¼ inch wide by 2 inches long
½ cup red onion, thinly sliced
1 medium zucchini, rinsed and shredded finely or sliced into small chunks (about 1 cup)
1 can (15 ½ oz) low-sodium chickpeas (garbanzo beans), drained and rinsed
1 tablespoon fresh basil, rinsed, dried, and cut into thin strips (or 1 teaspoon dried)
1/8 teaspoon black pepper
1 tablespoon olive oil
2 tablespoons balsamic vinegar
½ cup shredded parmesan cheese

In a four-quart saucepan, bring three quarts of water to a boil over high heat. Add pasta, and cook according to package directions for the shortest recommended time, about eight to nine minutes. Drain. Rinse pasta under cold running water to cool, about three minutes. Place all vegetables and beans in a large salad serving bowl. Season with basil and pepper. Combine oil and vinegar in a small bowl. Mix until completely blended. Pour over vegetables and pasta. Mix gently until well coated. Divide into four portions. Top each with two tablespoons of parmesan cheese.

Makes 4 servings.
Each serving contains: 418 calories; 11g total fat; 10 mg cholesterol; 455 mg sodium; 13 g fiber; 21 g protein; 63g carbohydrates; 576 mg potassium; 125 mcg folate
Adapted from NHLBI Healthy Eating website.



WATERMELON SALSA

- 1 cup diced seedless watermelon
- 1/3 cup finely chopped sweet onions
- 1/3 cup canned black beans, rinsed and drained
- 1 green bell pepper, seeded and chopped
- 1 tablespoon minced fresh cilantro
- 1 teaspoon brown sugar
- 1/2 garlic clove, minced

In a small bowl, combine all ingredients. Cover and refrigerate for at least one hour. Drain if necessary before serving. Serves 3-1/2 cup servings. The salsa can be served as an appetizer with baked chips, or as a condiment with fish or pork.

128 calories; 240 mg sodium; 28 g carbohydrate; 487 mg potassium; 64 mcg folate

Pick a better snack™



Salt of the Earth

Unscramble each high sodium food name. Use the marked letters to solve the second puzzle.

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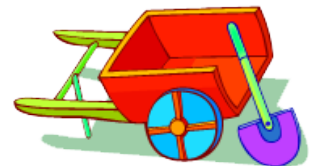
Be Active

Get Fit While Enjoying Gardening

Standing, squatting, stretching and bending. Sound like an exercise class? Those are really motions needed to practice gardening. Gardening is an activity that can be effective in building endurance, balance, flexibility and strength. In fact, one hour of active gardening is roughly equivalent to a two to three hour walk. Just be sure to limber up before hitting the dirt to avoid sore backs, pulled muscles and other injuries.

Here are some reminders for getting in gardening shape and staying there:

- ◆ Pace yourself. Do the hard stuff first, before you are tired out and more likely to overexert.
- ◆ Don't hunch. If you squat when you weed, keep your back as straight as possible and move along as you weed, don't reach too far.
- ◆ When lifting, always bend from the knees, not the waist, and try to keep your back straight. Use your thigh muscles to do the lifting. Move your feet closer to the object you are lifting and take a wide stance, to balance yourself. Keep the object close to you as you lift it.
- ◆ Don't lift and twist in the same movement.
- ◆ Kneel on both knees at the same time to avoid the temptation to twist or strain. Use a knee pad.
- ◆ Use tools with comfortable handles. Wrap the grip with an old piece of hose or coat with rubber paint, for gripping comfort. Remember to change hands from time to time.
- ◆ When using long handled tools, stand straight and keep your knees relaxed. If you need to twist or pivot, step into the twist to ease tension on the back.
- ◆ Use a wheelbarrow or wagon to save your body.



Answers

Too much sodium may increase health risks.
 Restaurant, Packaged, Bacon, Sausage, Hot Dogs,
 Lunch, Meats, Soy Sauce, Condiments



This material was funded by the Iowa Nutrition Network and USDA's Food Assistance Program. The Food Assistance Program provides nutrition assistance to people with low income. Food Assistance can help you buy nutritious foods for a better diet. To learn more about Iowa's Food Assistance Program, contact your local county Department of Human Services office. Call 2-1-1 to find out how to contact your local office. Information also can be found at www.yesfood.iowa.gov. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202)720-5964. USDA is an equal opportunity provider and employer.