# Salt

What is it?



- An essential mineral
- Most common form is table salt
- It is used to add flavor to food, and to cure meat and preserve canned foods
- Too much sodium on a daily basis over years can...
  - Damage the kidneys, cause cardiovascular problems, lead to hypertension
- Foods high in salt:
  - Cured meat (bacon, hot dogs), canned soups, packaged foods
- Many foods have hidden salt!
  - Cheese, bread, canned vegetables
- Tips to reduce sodium intake:
  - Always read nutrition labels for sodium content
  - $\circ\,$  Aim for less than 140 mg per serving of that food
  - Look out for products that say "Unsalted," "No Salt Added," "Reduced Sodium," or "Lower Sodium."
  - $\circ\,$  Add flavors to your food other than salt:
    - Basil, garlic or onion powder, paprika, parsley, thyme, sodium-free seasonings such as Mrs. Dash
    - \*\*\*Rinse canned vegetables in a strainer to reduce 40% of the sodium content!

## Sugar

- What is it?
  - Sugar naturally occurs in foods like fruit (fructose) and milk (lactose) OR
  - Can be added to foods and beverages
- Too much sugar can...
  - Cause dental caries, lead to diabetes complications and cause weight gain
- Foods high in added sugar:
  - Desserts, packaged snacks, cereals, fruit juices, soda, and candy
- Sugar hidden or added to foods like:
  Yogurt, spaghetti sauces, granola
- Tips to reduce added sugar intake:
  - Read nutrition labels for added sugars
  - Try adding fruit slices to water instead of drinking soda or juice
  - Look out! Sugar can have many names: cane sugar, high fructose corn syrup, malt syrup, maltodextrin and dextrose
  - Look out! Products that say "sugar free" or "low sugar" often contain artificial sweeteners. Monitor their use

\*\*\*Whole fruit is always a good choice for vitamins, minerals, antioxidants and fiber that juice does not have!

Desirable cholesterol levels:

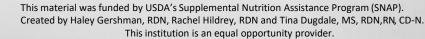
LDL < 100 mg/dl</li>
 HDL > 40 mg/dl

Total cholesterol < 200 mg/dl</li>

# Cholesterol

#### • What is it?

- A waxy substance used to build cells in your body. Your liver makes all the cholesterol you need, the rest of the cholesterol in your body comes from dietary sources.
- Two types: LDL-Cholesterol and HDL-Cholesterol
  - LDL cholesterol is less desirable for heart health
  - HDL cholesterol is more desirable for heart health
- Too much cholesterol can...
  - Build-up inside arteries, narrowing them, and making them less flexible and more difficult for good blood flow. This is called atherosclerosis.
  - If a blood clot forms in a narrowed artery and breaks off, it can block blood flow in the heart muscle (heart attack) or to the brain (stroke)
- Tips for managing blood cholesterol levels:
  - Limit saturated fat intake (meats, whole milk dairy, cheeses)
  - Stay away from trans fats (packaged desserts, packaged cookies, etc)
  - Choose heart healthy unsaturated fats:
    - Polyunsaturated (fish, walnuts, seeds)
    - Monounsaturated fat (olive oil, avocados)



\*Your doctor will determine a plan for your cholesterol numbers.

### Don't forget the soluble fiber!

Soluble fibers absorb water and swell to form a thick, jelly-like mass which helps "bind" with cholesterol in the digestive track, helping you get rid of it!

### Sources of soluble fiber:

Oatmeal! Asparagus, brussels sprouts, sweet potatoes, apricots, mangoes, oranges, legumes



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cup (55g)
230
Daily Value*
19%
8%
9%
2%
13%
14%
11 20%
100
20%
-45%
6%

**Nutrition Facts** 



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