

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**
 - **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."**
 - **Add flavors to your food other than salt:**
 - Basil, garlic or onion powder, paprika, parsley, thyme, sodium-free seasonings such as Mrs. Dash



Sugar



Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	16%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	8%
Total Sugars 24g	48%
Includes 10g Added Sugars	20%
Protein 3g	6%
Vitamin D 2mcg	40%
Calcium 200mg	20%
Iron 8mg	45%
Potassium 200mg	6%

- 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!



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)**



Desirable cholesterol levels:

- LDL < 100 mg/dl
- HDL > 40 mg/dl
- Total cholesterol < 200 mg/dl



*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

