



Newsletter 5

WellPath's Daily Dozen *Challenge*

How to Avoid Being "Salty"

Nine out of ten Americans eat more sodium (salt) than they need. Eating too much sodium can lead to high blood pressure. High blood pressure can raise your risk of having a heart attack or stroke.

The good news is that cutting down on sodium can help lower your blood pressure or keep it at a healthy level.

Most of the sodium people consume in America comes from processed, packaged, or store-bought, and restaurant foods.

Healthy adults and teens 14 and older need to limit their sodium intake to no more than 2,300 mg a day. For people with high blood pressure, no more than 1,500 mg a day is recommended.

TIPS:

- Cook at home instead of eating restaurant or packaged food.
- Gradually use less salt when cooking. Your taste buds will soon adjust.
- Experiment with different spices and seasoning when cooking, such as fresh garlic, onion, or cilantro, instead of adding salt.
- Avoid large portions of salty snacks like pretzels and potato chips.
- Avoid canned foods that contain added salt. Look for varieties that say "no sodium added" or "low sodium" on the label. Try fresh or frozen vegetables, which are naturally low in sodium, in place of canned ones. Rinse and drain canned beans to remove excess salt.
- Limit foods that are pickled or packed in brine, such as pickles and olives.
- Limit processed meats, poultry, and seafood-like deli meats, sausages, and sardines.
- Reduce instant foods like flavored rice or noodles.
- Limit high-sodium condiments like ketchup, mustard, and barbecue sauce. Soy sauce and tamari are also high in sodium.
- Snack on unsalted nuts & pretzels instead of salted.
- Choose skinless chicken, turkey, lean meats or seafood instead of deli meats or sausages.
- Take the salt shaker off you table.
- When eating out look for low sodium dishes. Ask for salt not to be added to your food. Get dressings and sauces on the side so you can add only as much as you need.

Eating foods with potassium can help lower your blood pressure. Checking boxes off on the Daily Dozen check list with help ensure you are getting enough high-potassium foods like potatoes, cantaloupe, bananas, and beans.

[**Eat Less Sodium: Quick Tips**](#)

[**Lowering Your Blood Pressure with DASH**](#)

DASH EATING PLAN

Stir-Fried Orange Beef



WellPath's
Daily Activity
BREAK
2:30PM
DAILY

WEEKLY RECIPE: Stir Fried Orange Beef

Delicious meal served over brown rice or Asian-style soba noodles. This tangy orange-flavored beef with crisp vegetables goes well with a cold glass of 1% milk.

Get your recipe [HERE!!](#)

Number of servings from each DASH Food Group in the suggested meal featuring this recipe

2
Grains

1 2/3
Vegetables

0
Fruits

1
Dairy

3
Meats, Fish, and Poultry

0
Nuts, Seeds, and Legumes

3/4
Fats and Oils

0
Sweets and Added Sugars

RESOURCES:

- [WellPath's Challenges Page](#)
- [Nutrition Facts](#)
- [Dash Diet](#)
- [Eat Less Sodium: Quick Tips](#)
- [Lowering Your Blood Pressure with DASH](#)
- [Daily Dozen VLOG](#)

High Blood Pressure May Be A Choice



DAILY DOZEN FACT:

As a group, berries average nearly ten times more antioxidants than other fruits and vegetables (and exceed fifty times more than animal-based foods.)

- [How Not to Die](#)

 **Daily Dozen**
 **VLOG**

Wellness@SRPMIC-nsn.gov
www.WellPath.info

