

# MINUTE NUTRITION NEWS

April 2013

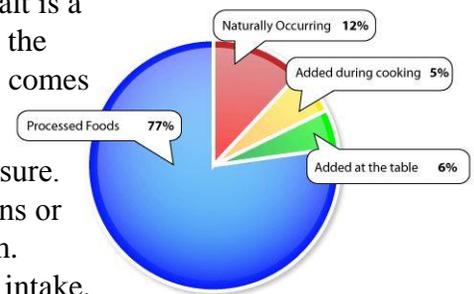
## Shake Your Head to Sodium

Many of us may already know that a long-term diet high in sodium can increase our risk of getting high blood pressure. High blood pressure increases our risk of diseases including strokes, heart disease, and kidney disease. Although this information is found everywhere in the media, most people are still consuming too much sodium. Read this issue to find out why, and learn how you can be more sodium-smart!

### We know why too much sodium is bad, but why are we still eating too much?

**Reason #1** – We may not always know that sodium is in our food. Table salt is a widely known source of sodium, but the salt we add to our cooking and at the table only make up 11% of our sodium intake. Most of our intake actually comes from sodium that is hidden in the processed foods we eat.

**Reason #2** – We don't feel any physical symptoms with a high blood pressure. Other than feeling thirstier after a high-sodium meal, we don't get any signs or clues from our body that our blood pressure may be rising in the long-term. Without an indicator, we may not know that we need to lower our sodium intake.



### Are you eating too much sodium in your diet?

The recommended sodium intake for most adults is **1500mg** per day. Research has shown that the average Canadian consumes about 3400mg sodium per day. That is over twice the recommended amount!

If you are often eating out and/or finding prepackaged foods in your diet quite regularly, you are likely consuming too much sodium. The following examples will give you an idea of how much sodium is in your food. You will notice that each of these meals contain almost your entire day's requirement of sodium.

- 2 slices of cheese and pepperoni pizza = **1365mg**
- Ham, egg and cheese sandwich = **1005mg**
- 1 can soup with 4 salted soda crackers = **1122mg**
- 1 hot dog (with ketchup, mustard) = **1053mg**

Still not convinced? Use this online salt calculator at <http://www.projectbiglife.ca/sodium/index.php#sectionResults> to see how much sodium you consume on average each day.

### Tips to Cut Down Sodium

- Read food labels. Choose foods with a lower %DV for sodium.
- Limit processed, prepackaged, restaurant and fast foods. Cook more from scratch. Flip the page for a low-sodium hummus recipe.
- Rinse canned foods (such as vegetables) before using if possible.
- Season with herbs and spices instead of salt.
- Gradually lower your sodium intake. Your taste buds will get used to the new taste after you stick with these changes for a while.
- Choose "unsalted", "low-sodium", "reduced sodium", "salt-free", "less salt", "sodium-free" or "no added salt" when possible.

### DID YOU KNOW?

All types of salt are high in sodium. This includes table salt, kosher salt, sea salt, gourmet salt, fleur de sel, and smoked salt. One is not healthier than the other.



# RECIPE OF THE MONTH

April 2013

## Low Sodium Carrot Hummus

Pair this hummus recipe with any vegetable of your choice or homemade baked tortilla crisps for a quick and delicious snack. Two tablespoons contain only 3% of your daily value of sodium whereas store-bought hummus may contain over 5% of your daily value.



**Makes 1 ½ cup**

Prep Time: 5 minutes

Cook Time: 10 minutes

### Ingredients:

- 1 carrot, thinly sliced (approx. 1 cup)
- 3 cloves garlic
- 1 ¾ cups chickpeas, canned, rinsed
- 3 tbsp dark sesame oil
- 3 tbsp lemon juice
- 3 tbsp yogurt, plain, 0-1%

**Nutrition Facts** (values are approximate)  
Per 2 tbsp

Amount	% Daily Value
<b>Calories</b> 67	
<b>Fat</b> 4 g	6 %
Saturated 0.5 g + Trans 0 g	3 %
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 71 mg	3 %
<b>Potassium</b> 121 mg	3 %
<b>Carbohydrate</b> 7 g	2 %
Fibre 0 g	0 %
Sugar 1 g	
<b>Protein</b> 2 g	
<b>Vitamin C</b>	5 %
<b>Calcium</b>	2 %
<b>Iron</b>	4 %

### Directions:

1. Boil carrot slices and garlic in a small pot on medium heat for about 10 minutes (or until soft).
2. Transfer carrot slices and garlic to a food processor, along with 2 tbsp of the cooking water.
3. Add other ingredients and process until smooth.
4. Serve with your favourite veggies.

### Got questions?

Meet the clinic's registered dietitian on April 9<sup>th</sup> from 10am to 12pm during the recipe demonstration!