

SPECIAL POINTS OF INTEREST:

- Sodium
- Heart Tips
- Pizza Sauce
- The Watchman

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How much Sodium is in That?

How much sodium is in that? This is an important question that needs to be asked if you have heart problems or high blood pressure. Individuals with high blood pressure and heart disease, especially heart failure, are more prone to retain fluid and have higher blood pressure if they ingest a high sodium meal or food. This process of retaining fluid can happen very quickly. It is very often that I hear, "I do not eat salt". We ALL eat salt. We may not be adding it to our foods, but it comes in our foods. It is in most foods unless it is a fresh or frozen fruit or vegetable. The question is, how much is in there? Let's start with this loaf of bread.



On average, a slice of bread has about 130mg of sodium. If you eat a sandwich, then you have to double it, so we are now up to 260mg. This does not count the cheese or the deli meat that goes on it. This does not mean that you cannot eat a sandwich, just be mindful of what else goes on it. Table salt obviously has sodium. In a serving (1¼ tsp), there is 590mg of sodium. Sea Salt has close to the same amount of sodium as well.

If added salt is needed to prepare a meal, then consider a salt substitute. These are usually potassium based. If you have kidney disease or problems with high potassium, check with your healthcare provider before starting one of these items. Let's move on to soups as these are usually high in sodium content. Campbell's 25% less sodium chicken noodle soup has 660mg per serving size. The serving size is 1½ cup. Healthy Choice has a Tomato Basil soup that is 450mg per serving. The serving size is 1 cup. If you are making a soup, find a broth that is low in sodium. Broths in general are very high in sodium content but low sodium versions do exist. To be continued...page 3. (4,5,6,7).

Tip of the Month

Tips for a Healthier Heart:

1. Check your blood pressure. Know your number. It should be less than 140/90.
2. Get your cholesterol checked. Treatment will be based on your risk factors and your numbers. What is your LDL?
3. Get on the scale. Know your BMI (Body Mass Index). This should be less than 25. You can easily find a BMI chart or calculator online or your healthcare provider can tell you.
4. Exercise!!! Ten minutes is better than nothing.
5. Eat at least one fruit and one vegetable today. Repeat. (3).





Recipe from
"Breaking the Salt
Habit" by Erik
Williams.

Low Sodium Pizza Sauce

Ingredients:

- 2-8oz. cans of NSA (No salt added) Tomato Sauce
- 1 tsp Sugar
- 1\2 tsp Garlic Powder
- 1\4 tsp Thyme
- 1\4 tsp Oregano
- 1\4 tsp Basil
- 1\4 tsp Onion Powder
- 1\2 tsp Black Pepper
- 1 Whole Bay Leaf
- 1 tsp Lemon Juice

Directions:

- Combine all ingredients in a small saucepan and simmer for 25 minutes.
- Sauce is ready to use for pizza or other recipes.

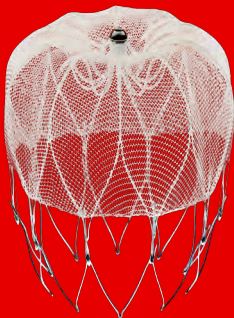
Nutrition Info

Yields 32 servings
1 Serving = 1 Tbsp.

Calories: 5
Total Fat: 0g
Sat Fat: 0g
Cholesterol: 0mg
Potassium: 39mg
Carbohydrates: 1g
Protein: 0g
Fiber: <1g
Sugar: <1g
Sodium: 4mg

Quote of the Month: "I believe success is achieved by ordinary people with extraordinary determination." Zig Ziglar

Did you Know?



Did you know that the Watchman Device existed? The Watchman is a device that is placed in the top left chamber of the heart to help prevent blood clot associated strokes from atrial fibrillation. About 90 percent of strokes from atrial fibrillation come from the left atrial appendage. This is a small pouch or crevice that is in the left atrium. It is a different shape and size in each individual so the Watchman also comes in different sizes. It is used in individuals who cannot take long term blood thinner such as Warfarin. This may happen for various reasons such as recurrent bleeding, anemia, or falls. However, to receive the Watchman, an individual must be able to take aspirin life long and must be able to take warfarin (Coumadin) for a period of time after the procedure.

This time will vary depending on how the Watchman seals off in the heart. It could be as early as 45 days that Warfarin gets to be stopped or it could be as long as 6 months. In a few instances it may need to be continued longer. The Watchman is implanted by placing a catheter thru a vein in the groin. The vein goes to the right upper chamber of the heart. Once there, a small hole is made in the septum to go into the left upper chamber of the heart. The Watchman is then delivered into the left atrium and into the left atrial appendage. Once secured, the catheters are removed. The Watchman is checked by doing a TEE (transesophageal echocardiogram) at certain intervals after the procedure. There are some restrictions on who can have the device and it is for people with atrial fibrillation not caused by a heart valve issue. Remember, if you can take blood thinner, that is still the best option. (1,2).

Meats are an important part of our diet but can also have some hidden sodium. Not all meats include a label. If you buy deli meat from the deli, you can ask them how much sodium is in a slice. They can also help you find a lower sodium option. For instance, let's take Boar's Head low sodium bologna vs the regular beef bologna. The low sodium version has 360 mg per 2 ounces vs the regular which has 520 mg per 2 ounces. Now neither of these are great options. There are low sodium versions of ham, turkey, and chicken as well. Just remember, deli meat in general is higher in sodium. Ham in particular is high in sodium. A 3 ounce serving of a cured ham can be over 1000mg of sodium. Let's take two chicken breast examples. An all natural chicken breast, boneless, skinless, no added preservatives will have less than 100mg of sodium in a breast. Let's compare that against a KFC Original recipe fried chicken breast with skin and breading removed which has over 700mg of sodium in it. It pays to eat at home. We could keep going but instead I have included a list of some high sodium content foods below. I think you get the picture. Read your labels!

1. Bouillon cubes (1 cube) 1200mg
2. Olives (10) 420mg
3. Soy Sauce-low sodium (1Tb) 434mg
4. Reduced fat Italian dressing (2Tb) 268mg
5. Pickles (1 large spear) 1092mg
6. Spaghetti sauce (1½ cup) 577mg
7. Pizza Hut Pepperoni pizza, pan crust (1 slice) 664mg
8. Wendy's French fries (small) 247mg
9. McDonald's cheeseburger 745mg
10. Caviar (1 oz.) 425mg
11. Restaurant Egg roll (1) 417mg
12. Hot and sour soup, Chinese restaurant (1cup) 876mg (4,5,6,7)