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Everyday Sodium

Researchers say, we get more than 40% of our sodium from only 10 food sources everyday. I know you'll be surprised and may say, "that doesn't taste salty".

Here's the list:

1. Breads and rolls. As Guy Fieri say, "shut the front door". I love bread in any form.
2. Pizza. My second favorite. I'm gonna stop right here.
3. Sandwichs. I don't know how much more of this I can take.
4. Cold cuts and cured meats.
5. Burritos and tacos.
6. Savory snacks. That includes popcorn, chips. You know this list.
7. Soups. They are loaded with salt.
8. Chicken. Okay now, they are getting personal.
9. Cheese.
10. Eggs and omletes.

"Sodium...71% comes from processed and restaurant food!"

You want to know why you can't control your high blood pressure? It's because sodium is in almost everything we consume. That raw fresh chicken you get from the market. It may have been injected

Sodium Rich Foods-Healthoic.com



with sodium or (saline) before it gets to the store. Oh yeah, what about your cottage cheese or deli turkey meat? Yup, very high in sodium.

Does it sound like I'm mad? That's because I am. How in the hell can we control our BP levels if we are bumbarded with sodium. Our goal is to help you

live a healthier life. To achieve this, we have to be diligent about our food choices.

According to the American Heart Association, the term salt and sodium are often used interchangeably. But, they're not exactly the same thing. Sodium is a mineral that occurs naturally in foods. While table salt is a combination of sodium and chloride.

My mother was the Queen of table salt. She put it in everything she cooked. She had no idea how much sodium was already in the food she purchased. From meats and poultry to caned veggies and soups, these products weren't labeled like they are today.

Since we can't control the level of sodium in our food; unless we all become farmers. Let's talk about ways we can control our intake. They can't take that from us. On a daily basis, reserchers say we should consume no more than 3,400 milligrams (mg) of sodium per day. The 2015-2020 Dietary Guidelines for America recommends that Americans consume less than 2,300 mg of sodium each day as part of a healthy eating pattern.

I know everyone's looking at these numbers and saying, "no way". I'm reacting the same way. But the reality is, we either change the way we consume sodium, or live with high blood pressure. Living with high blood pressure means; taking medicine, doctor visits, missed work days, and more. So what's it going to be? Since I've already had a quaduple by-pass. My choice is simple. What say you?

:30bp (thirty-second) bp, a blood pressure app

:30bp is a blood pressure app designed for adults who have high blood pressure. :30bp is available in the App Store for IOS users and the Play Store for Android users. The app is available in English and Spanish.

Simply download :30bp and complete your profile. Then enter BP goal you want to achieve. Everyone's goal will vary, based on your current BP readings. The American Heart Association's BP recommendation is 120/70.

Next, take your blood pressure with a BP cuff. It is recommended that you sit at least 15 minutes before taking your blood pressure. Also, empty your bladder and you may lesson your BP reading by 10 points

Then put your BP reading into the app. When you input readings into the app, it will create a BP log of your readings

Also, with each reading input, :30bp will time stamp and date stamp your readings. Input your readings on a daily, bi-weekly and weekly basis.

Can you believe most Americans get more than their daily recommended amount of sodium before they pick up a saltshaker? The next time you sit down for a home cooked meal, think twice before you reach for the salt. I know, the food is bland without it. Your taste buds need to adjust to the sodium levels that are already in the food you purchase.

So how do we eat a lower sodium meal? We all know this one. When you shop, look for fresh foods, canned vegetables with low or no salt added. We must get in the habit of reading labels when we shop. Then compare labels and choose the product with the lowest amount of sodium.

The "prepared meal craze" is everywhere. Compare the different choices and buy the meals with 600 milligrams (mg) of sodium per meal. By the way, this is the upper limit set by the Food and Drug Administration for a meal or main dish to be labeled healthy. When possible, purchase fresh poultry, fish, pork, and lean meet; rather than, cured, salted, smoked and other processed meats. For fresh items, check to see whether saline or salt solutions have been added. If so, choose another brand. * Another great idea is to ask your grocer if they have a low sodium shopping list available.

Also, ask to speak to a registered dietician at your favorite grocery store or market. The goal is to learn how you can choose heart healthy foods for you and your family.

As I stated earlier, salt was my mother's main spice. When I began to cook for my family, I became aware of a whole world of spices for food preparation. My go to spices are fresh garlic, thyme, smoked paprika, oregano, fresh basil and black pepper. I use other spices, but the latter are my favorites. Once you find your favorites, salt will become a distant memory. Plus, your food will taste more flavorful and be more appealing.

Some dining out tips include, asking your server for the restaurant's nutrition information. We make better choices when we know how our food is prepared. When I order French Fries at a restaurant, I always ask for fries with no salt. In my opinion, the fries always need ketchup, but at least I minimize the salt level, a little.

Even though I shared my side item, unhealthy fries. You should order fruits or vegetables, without salt, for your side items. Many restaurants like to put loads of butter and salt on these foods. Fight the urge and go with a little pepper. Or, I give you permission to use one of my favorite spices. Bon Appetit!

*CDC: Division of Heart Disease and Stroke Prevention-March 20, 2018

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