

WLON HEALTH NEWSLETTER

March 2013

Lowering Your Salt Intake

Salt is critical to your life. You can't live without it. Sodium helps to maintain your blood's water content, serves to balance the acids and bases in your blood, and is necessary for the movement of electrical charges in the nerves that move our muscles.

It's generally believed that the inability of your kidney to excrete sodium is responsible for sodium-induced high blood pressure. By increasing blood pressure more sodium is filtered by the kidney, enters the urine, and the body compensates for its inability to excrete sodium. This increased blood pressure helps to eliminate more sodium, but it also puts a strain on your arteries and sets the downward spiral of blood-pressure damage in motion – a vicious cycle.

Where is all this sodium coming from? You may ask. Many foods (such as meat and fish) are natural sources of sodium while others contain salt added during processing (prepared soup and crackers, for example).

Surprisingly, you're responsible for only 15% of the sodium in your diet. Food has about 10% of your sodium already naturally in it. The food industry is responsible for adding 75 % of the sodium that you consume each day to the

prepared foods that you buy. For example, the following additives contain plenty of sodium:

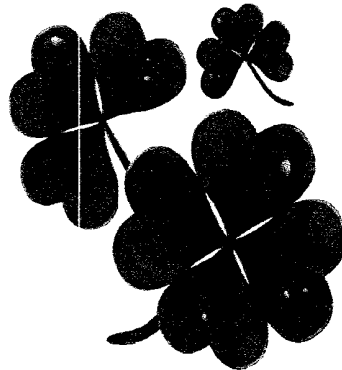
- Color developer: promotes the development of color in meats and sauerkraut.
- Fermentation Controller: Keeps organic action in check in cheeses, sauerkraut, and baked goods.
- Binder: holds meat together as it cooks
- Texture aid: allows dough to expand and not tear.

For these and other reasons, salt is a part of food processing. It may not be for taste. The only way that you can successfully reduce the sodium in your diet is by switching from processed foods to fresh foods or selecting low-salt processed foods.

Buy low- sodium foods

Keep these terms in mind and make a point of buying low-salt foods on your next trip to the grocery store:

- Sodium free means less than 5 mg of sodium in a portion
- Very low sodium means less than 35 mg sodium in a portion
- Low sodium means less than 140 mg sodium in a portion
- Reduced sodium food contains 25% less sodium than the original food item.
- Light in sodium food has 50% less sodium than the original food item.
- Unsalted, no salt added or without added salt means absolutely no salt has

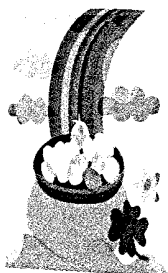


been added to a food that's normally processed with salt.

Take time to read the labels on food items. Avoid items that contain more than 180 mg of sodium.

Going on a low sodium diet

Besides avoiding high-sodium foods, you can make a few other changes to lower your salt intake:



- Cook with herbs, spices, fruit juices, and vinegars for flavor rather than salt.

- Eat fresh vegetables
- Keep the salt shaker in the kitchen cupboard rather than at the table, where it's easy to use.

- Use less salt than the recipe calls for.
- Select low-salt canned foods or rinse your food with water.
- Select low-salt frozen dinners
- Use high-salt condiments, such as ketchup and mustard, sparingly
- Snack on fresh fruits rather than salted crackers or chips
- When eating out, ask that your food be prepared with only a little salt. Request that your salad dressing "on the side" of the salad, so you can control the amount that goes on it.

Be careful of salt substitutes. Some contain sodium. Check the label. You could end up eating so much of the substitutes in an attempt to get that salty taste that your total sodium intake is just as high as using salt.

(adapted from www.dummies.com)

Happy Birthday!!!

Debbie Leckner	Mar. 1
Chad Brown	Mar. 2
Conan Pitchenese	Mar. 3
Miranda Redsky	Mar. 6
Kathy McIvor	Mar. 9
Taliah Williams	Mar. 10
Margaret Esquega	Mar. 12

Margaret Williams	Mar. 12
Donna Chief	Mar. 13
Tiara Meawasige	Mar. 13
Chrissy Brown	Mar. 19
Jamie Brown	Mar. 20
Franki Garneau	Mar. 27
Teresa LaCroix	Mar. 30
Cori Brown	Mar. 31

Recipe of the Month Cheesy Chicken Simmer

What U Need!

- 2 tsp oil
- 4 small boneless skinless chicken breasts
- 2 cups frozen broccoli florets, thawed
- 1 can condensed cream of chicken soup
- ¼ lb velveeta, cut into ½ inch cubes
- 2 cups hot cooked long grain white rice

What 2 Do!

- Heat oil in a large non-stick skillet on medium – high heat. Add chicken; cook chicken until done. Remove from skillet; cover to keep warm.
- Add broccoli, soup and velveeta; mix well. Simmer on medium heat 7 minutes or until heated through and velveeta is melted; stirring frequently.
- Serve chicken and broccoli mixture over rice.

FYI.....

March 11-15 – Family Spring Break Camp – look for posters with the week- long schedule of events on it!!!

Thanks!!!!

Shiela Chief and Crystal Verbonac for continuing with the family fish derby despite the weather!!!

Health Fact

The adrenal glands change size throughout life. The adrenal glands, lying right above the kidneys, are responsible for releasing stress hormones like cortisol and adrenaline. In the 7th month of a fetus' development, the glands are roughly the size as the kidneys. At birth, the glands have shrunk slightly and will continue to do so throughout life. In fact by the time a person reaches old age, the glands are so small they can hardly be seen.

(www.dailydoseofhealth.com)

Quote of the Month

The centre (of the supermarket) is for boxed, frozen, processed, made to sit on you for month's food. You have to ask yourself "if this food is designed to sit in a box for months and months, what is it doing inside my body? Nothing good that's for sure.

- Morgan Spurlock

Happy  St. Patrick's Day

MARCH 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Open Fitness Room 4-5 Judo Classes 5-8 pm Food Bank	5 Tot Time 10-2 pm Open Fitness Room 4-5 Parenting Workshop 5- 6:30 pm	6 Fitness Room 4-5 pm Judo Classes 5- 8pm	7 Open Gym 4-6 p.m.	8	9
10	11 Family Spring Break Camp Begins	12	13	14	15 Family Spring Break Camp ends	16
17	18 Open Fitness Room 4-5 pm Judo Classes 5-8 pm Food Bank	19 Open Fitness Room 4-5 pm Tot Time 10- 2 Parenting Workshop 5- 6:30 pm	20 Judo Classes 5-8 pm Elder's Supper 4-7 pm Regalia/Beading 7-9 p.m.	21 Cooking for Life Classes 4-6 pm Parents & Tots Supper Night 4-6 Open Gym 4- 6 Movie Night 6:30-9 p.m.	22	23
24	25 Judo Classes 5-8 pm	26 Tot Time 10- 2 Parenting Workshop 5- 6:30 pm	27 Judo Classes 5-8 pm Regalia/Beading 7-9 .m.	28 Open Gym 4-6 p.m.	29	30
31						