

News and information for those attending the monthly Vegetarian Cooking Classes at the Central Coast Adventist School or other Health Programs sponsored by the Erina Seventh-day Adventist Church

Shaking the Salt Habit

How much sodium do you consume each day? It's a pretty safe bet you'll have eaten far more salt than current health guidelines recommend.

Nine out of 10 of us eat too much salt, and most of that isn't coming from the salt shaker, according to a recent report from the Centers for Disease Control and Prevention (CDC).

Why worry about salt?

Your body works to maintain a delicate balance of sodium and water. When we eat salt (sodium) the body pulls in or holds onto to extra fluid to keep this balance. The extra fluid increases blood volume. "If there's more fluid in your blood vessels, there's more circulating blood volume, and that raises blood pressure," explains Dr. Helen Delichatsios, assistant professor of medicine at Harvard Medical School. Having high blood pressure increases your risk for a heart attack or a stroke.

A study published in the journal *Stroke* linked high salt intake with an increased risk of stroke. Stroke risk increased for each additional 500 mg of salt the participants consumed a day. That's not hard to do. One ounce of processed American cheese has 422 mg of sodium!

How much you need

Our bodies need sodium, so salt itself isn't bad. It's the amount of salt we eat that's concerning.

The average American eats about 3,300 mg of salt daily, but U.S. guidelines recommend that most people get less than 2,300 mg of salt a day. Those of us who are ages 51 or older should eat even less, keeping intake to 1,500 mg a day. That's just over 1/2 teaspoon of salt.

Where salt hides

The list of salty foods seems obvious: potato chips, popcorn, soup and other canned foods, hot dogs. Yet sodium lurks in foods you wouldn't expect. The CDC's list of top sodium offenders includes breads and rolls, pizza, poultry, sandwiches, cheese, and pasta dishes.

More than 40% of our daily sodium intake comes from go-to foods like these. Since sodium is everywhere, how can you cut back?

Start by reading food labels

Look at the amount of sodium per serving, and also at the percentages of daily recommended sodium allowance. Consider using products labeled "salt free" or "no salt added," or "low-sodium." (*cont. next column*)

This Month

New Starting Time: 6:45pm

Topic for the Night

This **Monday, 27 Aug**, Marcia's topic will be '**Healthy Eating for Diabetes**'.

Recipes on the Menu

Vegetable and Red Lentil Soup, German Pasta Bake, Tuscany Potatoes, Kumara Salad and Lemon Flan with Pear Cream.

Bookings

Bookings are essential. Please email or ring Cheryl on 0403 848242. The cost is \$15 payable on the night.

Try not to add sodium to the foods you eat.

Other seasonings, such as garlic, cumin, and vinegar, can add flavor to your food without compromising your heart health. Avoid condiments such as soy sauce, ketchup, teriyaki sauce, and salad dressings, which tend to be loaded with sodium. At restaurants, ask to have your food prepared without salt.

Even if you've come to rely on salt to enhance the taste of your food, you can unlearn this unhealthy habit. "It is possible to train your taste buds," Dr. Delichatsios says. "If you reduce your amount of salt over time, food won't taste bland to you."

This Month's Recipe

Pumpkin, Chickpea and Spinach Satay



- 2 teaspoons peanut oil
- 1 onion, chopped
- 2 garlic cloves, crushed
- 2 teaspoons grated fresh ginger
- 1 long red chilli, seeds and membrane removed, finely chopped (optional)
- 700g pumpkin, peeled, chopped into 2-3cm chunks
- 1 x 165ml can reduced-fat coconut milk
- ½ cup vegetable stock
- 2 cups cauliflower florets
- ½ cup crunchy peanut butter
- 1 tablespoon soy sauce
- 2 teaspoons brown sugar
- 1 x 400g can chickpeas, rinsed and drained
- ¼ cup chopped coriander
- 60g baby spinach leaves
- boiled rice, to serve

1. Heat oil in a large saucepan and cook onion for 4-5 minutes until soft. Add garlic, ginger and chilli and cook for 1 minute, stirring to combine. Add pumpkin and stir to combine.
2. Pour in coconut milk and stock, bring to the boil, cover and simmer for 8-10 minutes until pumpkin is just cooked.
3. Add cauliflower, cover and cook for 3-4 minutes until cauliflower is tender. Add peanut butter, soy sauce, sugar and chickpeas, stir to combine and heat through. Stir in coriander and spinach leaves.
4. Serve satay with rice.

3-Min Office Workout

The health risks of inactivity have made a lot of news over the past year as studies have continued to emerge in the new field of sedentary behavior sitting too much. Last week Cancer Research Update highlighted the release of several major studies that help quantify how much inactivity relates to cancer and other diseases.

Research now suggests that it's important to move throughout the day, in addition to those 30 minutes or more of moderate exercise. As researchers presented at last year's American Institute for Cancer Research conference, sitting for long periods of time can increase indicators of cancer risk, even among people who exercise daily.

It wasn't surprising then that one of AICR's most popular videos was a three-minute strength training, cardio-boosting workout for the home or office.

Watch the 3-minute office workout video at

http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=21383&news_iv_ctrl=2303&abbr=how



Lose Weight with Water

Many studies show that carrying around excess weight can lead to high blood pressure, type 2 diabetes, heart disease, and other serious health problems. We know that physical activity and a healthy diet are essential to weight loss. But what can people do if they just aren't ready to make those major lifestyle changes? A recent study found that drinking water can help.

Researchers looked at how much water and other liquids 174 overweight women drank in a one-year study. They also looked at their diet, physical activity, weight, percent body fat, and waist circumference.

It was found that increases in daily water intake in terms of grams of water consumed aided in weight loss and body-fat reduction. An increase in daily water intake as a percentage of liquids consumed also produced weight loss. The weight loss caused by drinking more water was independent of other possible factors.

Extra water intake appears to have encouraged healthier eating habits, such as drinking water in place of soft drinks and higher calorie beverages.

Water also benefits the kidneys and bladder, regulates your body temperature in hot climates, and helps your blood circulation. Drinking water might also help suppress appetite and therefore calorie intake. It is easy and inexpensive to do. The side benefits could be weight loss and overall good health.