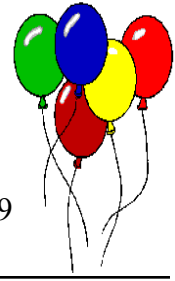




NUTRI-NEWS



May 2010

"Balloons for a Balanced Lunch"
NUTRI-SERVE FOOD MANAGEMENT, INC

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Make a DASH towards Better Health!!

The month of May holds many themes and holidays for us such as Mother's Day, Cinco de Mayo, Memorial Day but did you also know that May is called National Blood Pressure Awareness Month? It is estimated that one in three American adults have high blood pressure or a blood pressure reading of greater than 140/90 mmHg. High blood pressure is dangerous because it makes the heart work harder than it should. Many who have the disease do not know it because it is a silent disease and the first warning signs can be a heart attack or stroke.

High blood pressure can be treated or lowered if one follows the following steps:

- * Follow a healthy eating plan such as **DASH**—a diet that contains foods lower in salt and sodium
- * Maintain a **healthy weight**
- * Be **moderately active** for at least 30 minutes, 3 days a week
- * If you drink alcohol do so in moderation

If one is already on medication to control blood pressure, keep doing so and follow the steps above on consultation with a healthcare practitioner.

What is the **DASH** diet? The **Dietary Approaches to Stop Hypertension** or **DASH** diet is a heart-healthy eating plan which is rich in fruits and vegetables,

low in dairy fats, rich in whole grains and lean protein foods. It is also high in nutrients which have been associated with lowering blood pressure such as potassium, calcium, magnesium and fiber. Interested in obtaining more information or a copy of this diet?

Contact the National Heart, Lung and Blood Pressure Institute at: (301) 592-8573 or via the web at: www.nhlbi.nih.gov

Test Your Nutri IQ

Did you know that the preference for salt usually begins in childhood? It does and so it is best to begin the habit of using less salt when one is young. Also, high blood pressure is being diagnosed in younger children because of the rise in childhood obesity.

Fitness Forum

In the warmer weather many of us turn to beverages other than water for added flavor to quench our thirst. For an athlete the choice of beverage can really impact athletic performance. What about soda or fruit juice before or during a competition? Though carbs are important for an athlete to consume, the sugars contained in soda and fruit juice are too high and because of this may take longer to be absorbed than sports drinks. This may also trigger nausea, cramps or diarrhea. The carbonation in soda can be too filling and may cause one to drink less fluid than required.

Water is the best choice for normal hydration though for activities lasting longer than an hour, sports drinks are recommended for calories and to replace electrolytes lost such as salt.

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