



# Diabetes Newsletter

Control your  
diabetes.  
**For Life.**

PIKE COUNTY HEALTH DEPARTMENT

NOVEMBER, 2007

## KICKING THE SODIUM HABIT

### Eating too much salt? Cut it Out!



Would you pay \$9,000 for a pound of salt? In ancient times, salt was sometimes in such short supply that it was worth its weight in gold—at 2007 prices, that's about nine grand per pound.

But today of course, salt is abundant, cheap, and over used. A high salt diet can raise blood pressure and sometimes lead to heart attack and stroke.

The sodium limit for adults is 2,300 mg/day, or about 1 teaspoon, according to the government's Dietary Guidelines for Americans. Seniors, African Americans, and those with hypertension or certain heart conditions should consume no more than 1,500 mg/day. Here are some easy ways to cut out excess sodium from your diet.

- First, the most obvious choice: Don't salt your food at the stove or table.
- When possible, buy fresh or frozen vegetables instead of canned, which have added salt.
- Buy "reduced-sodium", "low-sodium", "lite", "unsalted", or "no-salt-added" canned soups, canned vegetables, soy sauce, bouillon cubes, butter, cheese, and ketchup.
- Shop the Internet for low or no salt products that you can't find locally. Sites that specialize in such foods include Healthy Heart Market ([www.healthyheartmarket.com](http://www.healthyheartmarket.com)) and Salt Watcher ([www.saltwatcher.com](http://www.saltwatcher.com)).
- Rinse canned beans and canned tuna before using.
- Dress your salad with olive oil and vinegar alone.



- Check food labels to find out how many milligrams of sodium are present in each serving. Sometimes, one brand of a product has two or three times as much sodium as another brand. This rule applies not only to obviously salty foods such as soup and spaghetti sauce but also to breads and breakfast cereals and whole chickens and chicken pieces, to which some processors add salt.
- Try your local health food store. It probably carries low-salt products that are not available at your standard grocery store.
- Buy high-quality produce and meats and use them at their height of freshness - which is also their peak of flavor. You'll be less tempted to salt food when it tastes good plain.
- Season with garlic, lemon juice, chiles, and ginger. Try both fresh and dried herbs, but if a bottle of dried herbs has been on your shelf for more than a year, it's time to replace it.
- Eat foods high in potassium. It counteracts sodium's bad effects on blood pressure. Try high potassium foods like bananas, potatoes, sweet potatoes, tuna, salmon, halibut, lima beans, cantaloupe, watermelon, apricots, lentils, raisins, orange juice, tomatoes, and milk. (People with kidney disease [renal insufficiency or failure] may be on potassium restricted diets and should not eat too many potassium containing foods.)
- Purchase a book with nutritional information on fast-food and chain restaurants. Although it's hard to avoid getting a high-sodium meal in such places, a guidebook will help you avoid the worst offenders.



## Kidney Screening Day

Pike County Health Department in conjunction with Illini Community Hospital and Blessing Hospital's Renal Unit are co-sponsoring a Kidney Screening Day on November 10th from 8:00-11:00 am. This clinic is by appointment only and will be held at Illini Community Hospital. Appointments will be taken after November 1st.

Please contact Pike County Health Department at 285-4407 to schedule an appointment and to obtain additional information.



## Greek Tuna Pockets

2 (7.5 oz.) cans white meat tuna  
packed in water (preferably no salt  
added)

1/2 cup seeded, peeled, and diced cucumber  
1/2 small red onion, minced  
1 small tomato, seeded and diced

### *Dressing:*

1/2 cup Greek, plain nonfat yogurt\* (if unavail-  
able, plain nonfat yogurt can be used; strain off  
excess water.

2 Tbsp nonfat mayonnaise

1/2 oz. feta cheese, crumbled (about 2 Tbsp)

1/2 tsp dried oregano

1/4 tsp dried basil

Combine the tuna, cucumber, red onion and to-  
mato in a bowl.

Whisk together the dressing ingredients and add  
to the tuna.

Fill into pita breads and serve.

*Yield: 4 servings*

*\* Greek yogurt is a strained yogurt with a  
pleasant, thick consistency like sour cream. It  
is available in a nonfat version and is often  
found under the name of Fage in supermarket  
dairy sections. Note that it has half the carbs  
and twice the protein of plain nonfat yogurt.*

*Exchanges: 1 vegetable, 3 lean meat*

Cal: 225    Carb: 20 g    Protein: 31 g    Fat: 3 g    Sat fat: <1 g  
Chol: 30 mg    Sod: 500 mg    Fiber: 2 g    Sugars: 4 g    Protein: 31 g

**Pike County  
Diabetes Support Group  
113 E. Jefferson  
Pittsfield, IL 62363  
Upcoming Diabetes Events:**

For more information call:  
Pike County Health Department 285-4407

**Diabetes Support Group Meeting**

November 8th - 4:00 pm  
at Pike County Health Department

**Kidney Screening Day**

November 10th - 8:00-11:00 am  
at Illini Community Hospital

Look for your next newsletter  
in February.