

GVFP NEWS & VIEWS

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Sodium: How to tame your salt habit (Part II)

Sodium: Main dietary sources

To help keep your sodium consumption in check, you need to know where the sodium comes from. Here are the main sources of sodium in a typical diet:

- **Processed and prepared foods.** The vast majority of dietary sodium comes from eating foods that are processed and prepared. These foods are typically high in salt, which is a combination of sodium and chloride, and in additives that contain sodium. While these ingredients have many practical uses — such as preservation and enhanced taste — they can greatly increase your sodium intake.
- **Natural sources.** Some foods naturally contain sodium. These include celery and other vegetables, and dairy products such as milk, meat and shellfish. While they don't have an abundance of sodium, eating these foods does add to your overall sodium intake. For example, 1 cup (237 milliliters) of low-fat milk has about 107 mg of sodium.
- **In the kitchen and at the table.** Many recipes call for salt, and many people also salt their food at the table. And many other condiments also contain sodium. One tablespoon (15 milliliters) of soy sauce, for example, has about 1,000 mg of sodium.

Sodium: Be a savvy shopper

Taste alone may not tell you which foods are high in sodium. For example, you may not think a bagel tastes salty, but a typical 4-inch (10-centimeter) oat-bran bagel has about 532 mg of sodium.

So how can you tell which foods are high in sodium? Read food labels. The Nutrition Facts label found on most packaged and processed foods lists the amount of sodium in each serving. It also lists whether the ingredients include salt or sodium-containing compounds, such as:

- Monosodium glutamate (MSG)
- Baking soda
- Baking powder
- Disodium phosphate
- Sodium alginate
- Sodium nitrate or nitrite

Know your labels - Many food packages include sodium-related terms. Here's what they mean:

- **Sodium-free or salt-free.** Each serving in this product contains less than 5 mg of sodium.
- **Very low sodium.** Each serving contains 35 mg of sodium or less.
- **Low sodium.** Each serving contains 140 mg of sodium or less.
- **Reduced or less sodium.** The product contains at least 25 percent less sodium than the regular version.
- **Lite or light in sodium.** The sodium content has been reduced by at least 50 percent from the regular version.
- **Unsalted or no salt added.** No salt is added during processing of a food that normally contains salt. However, some foods with these labels may still be high in sodium.

But watch out — foods labeled "reduced sodium" or "light in sodium" may still contain a lot of salt. If the regular product starts out high in sodium, reducing it by 25 or 50 percent may make little difference. For example, regular canned chicken noodle soup contains about 1,100 mg of sodium per cup, while the reduced-sodium version may still have 820 mg per cup.

The bottom line is to avoid products with more than 200 mg of sodium per serving. And check the Nutrition Facts label closely for the serving size — and consider how many servings you actually eat.

Sodium: Tips to cut back

You may or may not be particularly sensitive to the effects of sodium. But most people can benefit from reducing sodium intake. On average,

Americans eat about 3,600 mg of sodium a day — about double the goal for many. Here are ways you can cut back on sodium in your diet:



- 5% added while cooking
- 6% added while eating
- 12% from natural sources
- 77% from processed and prepared foods

The main sources of sodium in the average U.S. diet.

- **Eat more fresh foods and fewer processed foods.** Most fresh fruits and vegetables are naturally low in sodium. Also, fresh meat is lower in sodium than are luncheon meat, bacon, hot dogs, sausage and ham. Buy fresh and frozen poultry or meat that hasn't been injected with a sodium-containing solution. Look on the label or ask your butcher.
- **Opt for low-sodium products.** If you do buy processed foods, choose those that are labeled "low sodium."
- **Remove salt from recipes whenever possible.** You can leave out the salt in many recipes, including casseroles, stews and other main dishes that you cook. Baked goods are generally an exception since leaving out the salt could affect the quality and taste. Use cookbooks that focus on lowering risks of high blood pressure and heart disease to help guide you to sparing the salt without spoiling taste or quality.
- **Limit use of sodium-laden condiments.** Soy sauce, salad dressings, sauces, dips, ketchup, mustard and relish all contain sodium.
- **Use herbs, spices and other flavorings to enhance foods.** Use fresh or dried herbs, spices, zest from citrus fruit, and fruit juices to jazz up your meals. And remember that sea salt has about the same amount of sodium as table salt.
- **Use salt substitutes wisely.** Some salt substitutes or light salts contain a mixture of table salt and other compounds. To achieve that familiar salty taste, you may use too much of the substitute — and get too much sodium. Also, many salt substitutes contain potassium chloride. Although potassium can lessen some of the problems from excess sodium, too much potassium can be harmful if you have kidney problems or if you're taking medications for congestive heart failure or high blood pressure that cause potassium retention.

Sodium: Cut back gradually

Your taste for salt is acquired, so you can learn to enjoy less. Decrease your use of salt gradually and your taste buds will adjust. After a few weeks of cutting back on salt, you probably won't miss it, and some foods may even taste too salty. Start by using no more than 1/4 teaspoon of added salt daily, and then gradually reduce to no salt add-ons. As you use less salt, your preference for it diminishes, allowing you to enjoy the taste of the food itself, with heart-healthy benefits.

Butternut Squash and Potato Soup

by Janet Zappala (used with permission)

This smooth yet hearty soup is easy to prepare, but it will make you look like a super chef to those lucky enough to have some...and you thought you couldn't cook!

Prep time: 25 minutes Cook time: 45 minutes Serves 4

1 medium butternut squash
2 baking potatoes, peeled and cut in chunks
1/2 medium yellow onion, diced
2 medium carrots, peeled and diced
2 medium celery stalks, diced
2 cloves garlic, crushed
1 32-ounce container low-sodium vegetable broth
1 teaspoon salt
1 teaspoon cracked black pepper
2 teaspoons extra-virgin olive oil



Cut off and discard the top and bottom of the squash. Peel the squash with a vegetable peeler. Cut lengthwise in half; scoop out and discard the seeds. Cut the squash into 1-inch pieces. Put the squash, potatoes, onion, carrots, celery, garlic, and broth into a large sauce pot over medium-high heat; bring to a boil (about 10 minutes). Reduce the heat to a simmer.

Cook for about 35 minutes, gently stirring occasionally, until all the vegetables are tender. Using a hand blender, blend vegetables until smooth; season the soup with salt and pepper.

Ladle the soup into individual bowls, drizzle with olive oil and serve.

{When time is tight, try fresh-cut, ready-to-go butternut squash from your supermarket. Although a bit more expensive, it's already peeled and diced for you. Frozen butternut squash also works well.}

FEBRUARY 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Evening Clinic	2 Grounanog Day	3	4	5 9-12 Sat. Clinic
6 Super Bowl Sunday	7	8 Evening Clinic	9	10	11	12 9-12 Sat. Clinic
13	14 Valentine's Day	15 Evening Clinic	16	17	18	19 Closed
20	21 President's Day	22 Evening Clinic	23	24	25	26 9-12 Sat. Clinic
27	28					

February is what month...American Heart Month, National Black History Month, National Sinus Pain Awareness Month, Grapefruit Month, International Boost Self-Esteem Month, National Parent Leadership Month, Safety Awareness Month



UNDER CONSTRUCTION



This is a new section in our newsletter specifically designated to update our patients on happenings or changes within our office...

We are working toward several goals for 2011 as we update and make these changes we will notify you through letters or through this section of the newsletter. If you have questions concerning a specific change, please feel free to contact Barb Rider, our Office Manager.

As of February 1st if you need a regular prescription refilled you will need to contact your pharmacy – they will contact us for approval. You will no longer be able to leave a voice mail at the office for refills. If you need an appointment to review your medications one of our friendly staff will be contacting you.

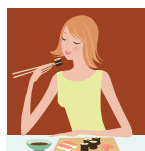


HEALTH TIP: Slow Down When You Eat

If you've resolved to lose weight, taking the time to savor your food may be an easy way to help you eat less.

The American Dietetic Association suggests how to eat slower:

- Chew your food completely before swallowing.
- Make meal time a social time. Engage in conversation to stretch out the meal and interrupt your eating.
- Put down your utensils between each bite.



- Use chopsticks instead of Western utensils.



Dr Jay W. McMurren is offering Botox clinics—
Call for details.
970-641-0211