

# HEALTHY YOU

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UK Health & Wellness Program  
116A Seaton Center • Lexington, KY 40506-0219  
[www.uky.edu/HR/wellness](http://www.uky.edu/HR/wellness) • (859) 257-WELL (9355)

## Ask the Expert: Tracking the amount of sodium in your diet



**Q: I don't have high blood pressure. So, how much do I need to worry about the amount of sodium in my diet?**

**A:** Watching sodium in your diet is still important, even if you don't have high blood pressure. By keeping tabs on your sodium intake, you may prevent high blood pressure and reduce your risk of heart disease, stroke, and kidney disease.

Some people are more prone to the negative effects of sodium and are called "sodium-sensitive." Populations at higher risk for being more "sodium-sensitive" are people of African-American descent, and middle-age and elderly adults. If you are "sodium-sensitive," extra sodium in your diet increases your chance of developing high blood pressure.

Unfortunately, there's no way to know who might develop high blood pressure as a result of a high-sodium diet. So there are recommendations for how much sodium is too much. The 2005 Dietary Guidelines for Americans recommends less than 1,500 mg of sodium per day for people who already have high blood pressure, are middle-age, elderly, or African-American, and no more than 2,300 mg of sodium per day for the rest of the population. *The average*

*American consumes 3,400 mg of sodium in a day and just a mere teaspoon of table salt has 2,300mg of sodium!* So read your nutrition labels and be aware of how much sodium is in the food you're eating.

Here are some guidelines:

- Eat more fresh foods and fewer processed foods.
- Choose low-sodium products (less than 140 mg). A food that has the claim "healthy" must not exceed 480 mg sodium per serving.
- Remove salt from recipes whenever possible.
- Ask about salt usage when eating out.
- Limit your use of condiments with sodium.
- Use herbs, spices and other flavorings instead of salt.

#### Sources:

- Harvard Medical School. *News from Harvard Health*. "Watching daily sodium intake is important for some." From [https://www.health.harvard.edu/press\\_releases/daily-sodium-intake](https://www.health.harvard.edu/press_releases/daily-sodium-intake), November 2006.
- Mayo Foundation for Medical Education and Research. "Sodium: Are you getting too much?" from <http://www.mayoclinic.com/health/sodium/NU00284>, May 2008.
- U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans, 2005. 6th Edition*, Washington, DC: U.S. Government Printing Office, January 2005.

— **Helen Moseley, M.S., R.D., Wellness Specialist**

*Disclaimer: This information is not intended to replace advice from your physician. You should always check with your physician before making major changes to your diet and/or physical activity schedule.*

KNOWLEDGE + ACTION = WELLNESS



# HEALTHY YOU

## Calendar

### ***Stressed? Get a chair massage***

The next therapeutic chair massage is August 19, at Alumni Park Plaza, Circle 4 Conference Room, from 9:00 a.m. to 1:00 p.m. The cost is just \$5 for 10 minutes or \$10 for 20 minutes (no refunds). Reservations required. To make an appointment, please call (859) 257-9355.

### ***Lose weight the realistic way: Weight Loss Matters***

Weight Loss Matters is a 10-week program that allows you to set your own realistic weight loss goals and work toward achieving them with the help of registered dietitians. New classes begin Tuesday, August 25 or Thursday, August 27. Registration deadline is August 21. To register online, visit <http://www.uky.edu/HR/wellness/weightlossmatters.html>.

### ***WOW Fall Schedule***

Wellness On Wheels (WOW) is a FREE mobile health screening. Ten-minute appointments consist of tests for cholesterol (fasting optional), glucose and triglycerides, height, weight, blood pressure, body fat percentage, and waist circumference. To make an appointment, visit <http://www.uky.edu/HR/wellness/healthscreening.html>.

### ***Farmers Market Bus Rides***

UK Health & Wellness is going to the Farmers Market during lunch each Thursday in July, August, and September, and we want you to come along. The bus ride is free, and you can't beat the market for the freshest fruits and veggies in town. For more information, visit <http://www.uky.edu/HR/wellness/farmersmarket.html>.

## Quick & Healthy Recipe

### ***Summer Fruit Basket***

Number of Servings: 12; Serving Size: 1/12 of recipe

#### Ingredients

boiling water 2 cups  
Strawberry Flavor Sugar Free Low Calorie Gelatin, or any red flavor 1 pkg  
cold diet ginger ale or water 1 1/2 cups  
sliced strawberries 1 cup  
green grape halves 1 cup  
cantaloupe chunks 1 cup

#### Preparation Instructions

1. Stir boiling water into gelatin in large bowl at least 2 minutes until completely dissolved. Stir in cold diet ginger ale. Refrigerate about 1-1/2 hours or until thickened (spoon drawn through leaves definite impression).
2. Stir in fruit. Pour into 2-quart serving bowl.
3. Refrigerate 4 hours or until firm. Store leftover dessert in refrigerator.

Nutrients per serving: Calories 25; Total fat 0 g; Saturated fat 0 g; Cholesterol 0 mg; Sodium 40 mg; Carbohydrate 5 g; Protein 1 g  
Dietary fiber 1 g.

Recipe courtesy of Weight Loss Matters.



Change your idea of a “sweet treat.” Instead of loading up on high-fat baked goods, prepare a plate of fresh fruit.



*The UK Health & Wellness Program is part of UK's employee benefits package and is available to all UK employees, retirees, spouses and sponsored dependents.*

