

Smart Choices

Nutrition News . . . Volume Two

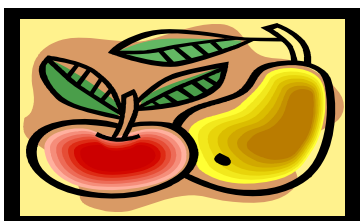
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The DASH Diet for High Blood Pressure

Nearly one in three American adults has high blood pressure (hypertension). Almost one-third of these people are not even aware that they have it. And many people have the disease for years without knowing it. That is why it is often called the “Silent Killer”.

Even a mild case of high blood pressure can increase your risk for stroke, heart attack and congestive heart failure. It can also speed up the development of kidney disease and memory loss.

Recent studies have shown that there is another option to fight high blood pressure besides the usual strategies of reducing salt in the diet, exercise, losing excess weight and limiting alcohol. Eating the right foods can help to lower your blood pressure.



People who have a case of even mild hypertension and followed the DASH diet lowered their blood pressure on the average 11 points (top number) and 5 1/2 points (bottom number) when compared to eating the typical American diet.

So what is the key to the DASH diet? The DASH diet is rich in fruits, vegetables, whole grains and low-fat dairy products while being low in total fat, saturated fat, and cholesterol.

The DASH diet recommends 7 to 8 servings of grains, 4 to 5 servings of both fruits and vegetables and 2 to 3 servings of low-fat or fat-free dairy products a day. It also allows 2 servings a day of lean meat, poultry and fish and also includes 4 to 5 servings a week of nuts, seeds, and dry beans.
 (**Based on 2,000 calories a day).

Keep these tips in mind:

- ◆ Think color when following the DASH plan. The more color you have on your

plate, the healthier the meal will be.

- ◆ Add more vegetables to your plate, if your main dish does not include them.
- ◆ Focus on using recipes that include fruits, vegetables, and low-fat or fat-free dairy choices.
- ◆ Also look for recipes that are low in added sodium (salt, baking soda and baking powder).
- ◆ Choose desserts based around fruit rather than pastries.

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What's the Purpose of Food Stamps?



The Food Stamp Program isn't about welfare. Its goal is helping people with limited incomes improve their nutrition for better health and disease prevention. The program is available to all eligible persons.

Food stamp coupons have been replaced by an electronic card that looks and works just like a typical debit or credit card used by any grocery shopper. No one but you and the grocery check-out clerk will know you are using food stamps. The Food Stamp Program can help you buy nutritious foods for a better diet. To find out more contact 1-888-LAHELP or visit www.dss.state.la.us.

Chicken and Spanish Rice

1 cup onions, chopped
3/4 cup green peppers
2 tsp vegetable oil
1 8 oz can tomato sauce*
1 tsp parsley, chopped
1/2 tsp black pepper
1 1/4 tsp garlic, minced
5 cups cooked brown rice (cooked in unsalted water)
3 1/2 cups chicken breasts, cooked, skin and bone removed, and diced

1. In a large skillet, sauté onions and green peppers in oil for 5 minutes on medium heat.
2. Add tomato sauce and spices. Heat through.
3. Add cooked rice and chicken. Heat through.

♦ *To reduce sodium, use one 4-oz can of low-sodium tomato sauce and one 4-oz can of regular tomato sauce. New sodium content for each serving is 215 mg.*

Makes 5 servings—1 1/2 cups each

Per Serving: Calories: 428; Total Fat: 8 g; Saturated Fat: 2 g; Cholesterol: 80 mg; Sodium: 341 mg; Protein: 35 g; Carbohydrate: 52 g; Calcium: 50 mg; Magnesium: 122 mg; Potassium: 545 mg; Fiber: 8 g

Broccoli Soup

1 1/2 cups fresh broccoli, chopped*
1/4 cup celery, diced
1/4 cup onion, chopped
1 cup sodium-free chicken broth,
2 cups skim milk
2 tablespoons cornstarch
1/8 teaspoon salt
Dash of black pepper
Dash of ground thyme
1/4 cup shredded swiss cheese

1. Place vegetables and broth in pan. Bring to a boil, reduce heat, cover and cook until tender, about 8 minutes.
2. Add milk, cornstarch, salt, pepper and thyme. Add to vegetables. Cook, stirring constantly until soup is slightly thickened and mixture just comes to the boil.
3. Remove from heat. Add cheese and stir until melted.

*note: A 10 ounce package of frozen chopped broccoli can be used instead.

Makes 4 servings—1 cup each

Per Serving: Calories: 110; Total fat: 3 g; Saturated fat: 2 g; Cholesterol: 9 mg; Sodium: 250 mg; Fiber: 1.3 g; Calcium: 241 mg

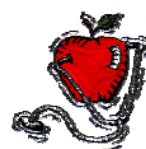
It's a "Smart" idea to get your blood pressure checked on a regular basis.

**Normal blood pressure
120/80 or less**

**Pre-hypertension
120/80—139/89**

**Stage 1 hypertension
140/90—159/99**

**Stage 2 hypertension
160/100 or higher**



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