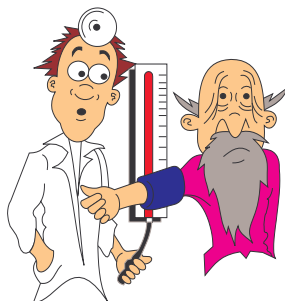


## Change is in the Air with New Targets for Good Health

### Fun With Food

#### New Sodium Guidelines to lower and manage BP

- Target blood pressure for people with diabetes is 130/80 or less!
- Blood pressure for best health outcomes is 120/80 or less.



Sodium (that's salt) restriction does help lower and manage blood pressure. The old guidelines were to limit sodium intake to 2400 mg a day or less. That's the amount in one teaspoon of salt!

- New sodium recommendations: ages 19-50 just 1500 mg a day; ages 51-70 just 1300 mg a day; and over age 70 just 1200 mg of sodium a day.

(Report from U.S. Government Institute of Medicine)

#### Foods high in sodium:

- Fast food and restaurant meals (a big Mac has 1050 mg of sodium!)
- Soups (a cup of typical soup has at least 850 mg of sodium)
- Pickles and pickled foods (one large dill pickle: 928 mg sodium)
- Jerky (450 mg sodium in a one ounce serving)
- Processed foods like chips and hamburger helper (1/5 package of hamburger helper prepared with hamburger is 1027 mg sodium)

#### Suggestions to limit sodium in the diet:

- Eat at home and use herbs and seasonings to flavor your own concoctions
- Buy low sodium soups
- Make your own baked tortilla chips and oven baked fries and season with garlic and red chile powder
- Buy limes and lemons and snack on them without the salt!
- Use vinegar, mustard powder, onion powder, garlic powder and cilantro to substitute for that "salty" taste!
- Grow herbs in pots, they have more flavor and are cheaper that way!

### Use It Or Lose It

Fitness is one of the most important tools in managing elevated cholesterol, BP and of course, blood sugars. A fit but overweight person can improve all of these measures even if no weight is lost.



#### The new targets based on 2004 ADA Clinical Practice Recommendations are:

- Total cholesterol less than 200 mg/dl and preferably as close to 150 mg/dl as possible.
- LDL or "bad" cholesterol less than 100 mg/dl.
- HDL or "good" cholesterol greater than 50 mg/dl
- Triglycerides less than 150 mg/dl.
- A1c between 6-7% based on individual safety factors.

#### Start your fitness program now!

- Check out any new exercise program with your medical provider first.
- Make a plan and set a start date within the next week!
- Don't forget: stretching; strength training and aerobic activity are the three keys to fitness and health



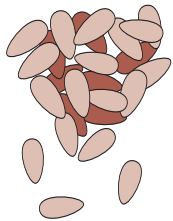
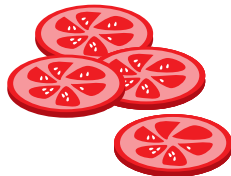
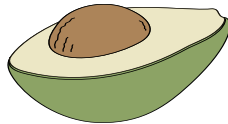
# The Medicine Chest:



Potassium helps control blood pressure. The best way to get potassium is in food! The new recommendation for dietary potassium is 4700 mg a day.

## Good sources of dietary potassium:

- Spinach cooked, 1 cup: 840 mg
- Potato, baked with skin: 800 mg
- Yogurt, nonfat, 1 cup: 600 mg
- Broccoli, cooked, 1 cup: 460 mg
- Squash, winter, 1/2 cup: 450 mg
- Avocado, 1/2 medium: 440 mg
- Cantaloupe, cubed, 1 cup: 430 mg
- Salmon, baked, 4 oz.: 350 mg
- Tomato, medium: 290 mg
- Almonds, 1 oz.: 210 mg



(Source: UC Berkeley Wellness Letter, May 2004)

If you have kidney failure, talk to your doctor before eating potassium rich foods.

# Taking Your Emotional Temperature

One of the most important lessons of traditional cultures is the practice of quiet time of thought and contemplation every day. The hustle and bustle of our modern times, even in New Mexico, can push those practices away.

Those times of quiet bring physical, mental, and spiritual balance, which is the foundation of health.

Here are examples of ways to take that time for you every day:

- Prayer
- Meditation
- Walking quietly in nature
- Reading from books, verse or poetry that you find inspirational
- Practicing traditional rituals to welcome the new day/or release the end of the day.
- Listening to, or making music that heals your spirit
- Writing in a journal



## What's New?

### The Real story on Carbohydrates or “Carbs”

When reading labels or looking at menus at restaurants, look for “total carbohydrates” as you figure out how carbs fit your meal plan. Net carbs represent the total grams of carbohydrate minus the grams of fiber per serving. Terms such as “impact carbs” are made up terms that mean nothing.

### The DASH Diet

Check out the DASH diet (Dietary Approaches to Stop Hypertension) (<http://www.nih.gov> then type DASH in the search bar) for more information on a blood pressure management diet. Your local dietitian or diabetes educator should be able to get you a handout detailing the role of fruits and vegetables, calcium rich foods and potassium rich foods in this plan, and even a diet diary to help you record what you eat.



*This newsletter was written by Sue Perry, PhD, CDE, in collaboration with the New Mexico Department of Health, Diabetes Prevention and Control Program, 2004.*

