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(409) 833-9797  
www.setma.com

## Hypertension Follow-Up Note Treatment Plan and Plan of Care

**Patient**  
**Date of Birth** 05/31/19  
**Age** \_\_\_ years  
**Ethnicity** Caucasian  
**Sex** F

**Encounter Date** 10/23/09

### Follow-Up Care

Your next visit should be scheduled in 3 month(s)

### Future Lab Orders

The following lab orders are to be completed on or before your next office visit.

CMP, Fasting  
Lipid Panel

On 10/26/2009 please come to the laboratory at Southeast Texas Medical Associates to have your laboratory studies done before your next visit. Make certain that you have fasted 12 hours prior to arriving for your lab testing. Come to the main registration desk and they will direct you to the lab.

### Active Medications

The following are the medications which you should be taking. Please notify your provider if you are unable to obtain your medications for any reason. Do not just stop taking your medication without calling your healthcare provider immediately .

Stopping your blood pressure medication could increase your risk of stroke or other serious health problems.

<u>Start Date</u>	<u>Brand</u>	<u>Dose</u>	<u>Sig Desc</u>
10/12/2009	Lotensin	20mg	1 tab po qd
09/03/2009	Glyburide	5mg	Take one tablet by mouth two times per day
08/31/2009	Glucophage	Xr 500 Mg	Take one tablet by mouth two times per day
08/24/2009	Zocor	40mg	1 tab po at bedtime
	Aspirin Ec	81mg	1 tab every day

## **Hypertension Guidelines**

- \* In persons older than 50, systolic blood pressure (BP) of more than 140 mm Hg is a much more important cardiovascular disease (CVD) risk factor than diastolic BP.
- \* The risk of CVD, beginning at 115/75 mm Hg, doubles with each increment of 20/10 mm Hg.
- \* Individuals with a systolic BP of 120 to 139 mm Hg or a diastolic BP of 80 to 89 mm Hg should be considered as prehypertensive and encouraged to adopt health-promoting lifestyle modifications such as weight reduction, dietary sodium reduction, and regular physical activity.
- \* Thiazide type diuretics should be prescribed for most patients with uncomplicated hypertension, either alone or combined with drugs from other classes.
- \* Most patients with hypertension require 2 or more antihypertensive medications to achieve BP 140/90 mm Hg, or < 130/80 mm Hg for patients with diabetes or chronic kidney disease.
- \* If BP is more than 20/10 mm Hg above goal BP, consideration should be given to initiating therapy with 2 agents, 1 of which usually should be thiazide-type diuretic.

## **Blood Pressure History**

### Beginning Blood Pressure (05/09/2006)

132 / 86 mm Hg

### Current Blood Pressure

Trial 1: 130 / 70 mm Hg

### Highest Blood Pressure 09/05/2006

172 / 94 mm Hg

### Blood Pressure Classification

Normal (Pre-Hypertensive)

### Blood Pressure Risk Group

Group C - High Risk

## **Evidence-Based Standards of Care**

### In The Office

- \* Goal office blood pressures should be less than 140/90 mm Hg for adults with uncomplicated hypertension (in the absence of comorbidities other diseases).
- \* Patients with comorbid conditions including diabetes or chronic kidney disease should have a goal office blood pressure of less than 130/80 mm Hg
- \* Progressive reduction of systolic blood pressure to as low as 110 mm Hg has been shown to be associated with lower risk of microvascular and macrovascular complications in diabetes.
- \* Recent American Heart Association/American College of Cardiology guidelines have called for goal office blood pressures less than 120/80 mm Hg for patients with a history of heart failure

\* Patients with coronary artery disease should have a goal office blood pressure less than 130/80 mm Hg .

\* Systolic hypertension in patients age 60 and older is an important modifiable cardiovascular risk factor This is true even for patients above 80 years of age

### Out Of The Office

\* Goal blood pressures measured out of the office setting should be less than 135 mm Hg systolic and less than 85 mmHg diastolic. Goals differ in the office setting.

## **Lifestyle Changes**

In addition to the DASH Diet and the Low Sodium Diet which are found at the end of this document, there are specific changes which you can make in your lifestyle which can have as important and in some cases a more important impact on your blood pressure than medication. These are as follows:

<b><u>Modification</u></b>	<b><u>Recommendation</u></b>	<b><u>Approximate Systolic Blood Pressure Reduction</u></b>
<b>Weight Reduction</b>	<b>Maintain normal body weight (body mass index 18.5 to 24.9).</b>	<b>5 to 20 mmHg per 10 kg of weight loss</b>
<b>Adopt Dietary Approaches to Stop Hypertension (DASH) Eating Plan</b>	<b>Consume a diet rich in fruits, vegetables, and low-fat dairy products with a reduced content of saturated and total fat.</b>	<b>8 to 14 mmHg</b>
<b>Dietary Sodium Reduction</b>	<b>Reduce dietary sodium intake to no more than 100 mmol per day (2.4 g sodium or 6 g sodium chloride).</b>	<b>2 to 8 mmHg</b>
<b>Physical Activity</b>	<b>Engage in regular aerobic physical activity such as brisk walking (at least 30-45 minutes per day, most days of the week).</b>	<b>4 to 9 mmHg</b>
<b>Moderation of Alcohol Consumption</b>	<b>Limit consumption to no more than 2 drinks (e.g., 24 oz. beer, 10 oz. wine, or 3 oz. 80 proof whiskey) per day in most men and to no more than one drink per day in women and lighter-weight persons.</b>	<b>2 to 4 mmHg</b>

If you would like to increase your understanding of the dietary contribution to the improvement in your cholesterol values, please request a referral to dietary for a consultation with SETMA's Registered Nutritionist. If you do not achieve your goals, your healthcare provider will initiate that referral.

## **Plan of Care**

All of your care in regard to your hypertension is based on three things:

1. Your current blood pressure and the history of your blood pressure changes.
2. National Standards of Care
3. Your Cardiovascular Risk

Your Framingham Cardiovascular Risk Score is 19 points.

Your Global Cardiovascular Risk Score is 2.7 points. (a score below 4 is desirable)

Because the Global Cardiovascular Risk Score is based on the Framingham Data, but has the gender and age factors eliminated, it often is a more accurate estimate of your risk, particularly in the young and in the elderly.

Your risk score is high. In that your risk score is high, it is important to control your cholesterol and triglycerides, blood pressure, blood sugar and weight.

You have the following risk factors for coronary artery heart disease:

Diabetes Mellitus  
Dyslipidemia

## **What Can You Do To Help?**

- \* Self-monitoring and recording of blood pressure.
- \* Keep all scheduled appointments
- \* Take all medications as indicated.

## **Call Your Doctor If**

**Call your doctor if have any of the follow symptoms between appointments.**

- \* Severe Headache
- \* Excessive Tiredness
- \* Confusion
- \* Visual Changes
- \* Nausea or Vomiting
- \* Chest Pain
- \* Shortness of Breath
- \* Significant Sweating

## **Taking Care of Yourself**

- \* Take your medications as prescribed.
- \* Monitor your blood pressure regularly.
- \* If you smoke, quit.
- \* Reduce salt intake.
- \* Start exercising regularly, with your doctor's approval.
- \* If you are overweight, lose weight.
- \* Limit the amount of alcohol you drink.
- \* Reduce stress or learn to use stress management techniques.
- \* See your doctor or healthcare professional as often as he or she recommends.

## **Over the Counter Medications**

- \* Over the counter medications are drugs and are intended for short-term use.
- \* Consult your physician before taking new medications.
- \* Thoroughly read all package labeling, inserts, cautions and directions.
- \* Never exceed maximum doses or maximum time limits for use.
- \* Be alert for side effects. Call a doctor immediately if you experience loss of consciousness, heart palpitations, shortness of breath or trouble breathing, rash or itching, swelling of the throat or face or any other abnormal effect.
- \* If symptoms you are treating persist, see your doctor.

#### **Avoid Decongestants**

Stay away from decongestants including those found in nose drops or nasal sprays. They can raise your blood pressure. Some products may contain both antihistamines, which are safe for people taking high blood pressure medication, and decongestants, which aren't safe for people taking high blood pressure medication. Don't buy a preparation with pseudoephedrine, phenylephrine or phenylpropanolamine (PPA).

#### **Stay Away from the 'D's**

There are a number of over-the-counter products that have a 'D' in the title. Some are cough medications and some are cold preparations. The 'D' stands for decongestant and any product with a 'D' in the label should be avoided.

#### **What About Cough Medications?**

Cough suppressants often contain dextromethorphan which is safe for people taking high blood pressure medication. You can often identify this kind of preparation by the 'DM' on the label. Expectorants are safe but may be ineffective. Water is the best thing to take to loosen a cough.

#### **What About Pain Relievers?**

The only absolutely safe and sure way to go is acetaminophen (Tylenol.) The problem with acetaminophen is that it isn't an anti-inflammatory medication. There are other kinds of pain relievers for sale over-the-counter. They are aspirin, and the NSAIDs (nonsteroidal anti-inflammatory drugs) including ibuprofen (Motrin, Advil), naproxen (Aleve), and ketoprofen (Orudis KT). Aspirin can cause problems for people who are taking a blood thinning medication. It can also cause bleeding. The other pain relievers can sometimes keep blood pressure medication from working properly and can cause salt and water retention. They can even cause hypertension. If you have pain with inflammation, talk to your doctor about what you should do.

#### **What About Herbal Products?**

Because they are sold over-the-counter, you may not think of these products as something you should be concerned about. This isn't true. Avoid taking natural licorice, not the candy, but the type available in a pharmacy or health food store. There are some kinds of licorice products that can raise blood pressure. People who take blood thinners can have a life-threatening drug interaction if they take Gingko Biloba. You should always consult with your doctor before taking an herbal preparation to be sure that it won't interfere with any prescribed medications you are taking.

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**James L. Holly MD**  
**Southeast Texas Medical Associates, LLP**



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## **History of the DASH Diet**

Funded by the National Heart, Lung and Blood Institute, Dietary Approaches to Stop Hypertension (DASH) is a major research study to determine whether diet can lower blood pressure. High blood pressure (hypertension) is a major risk factor for coronary artery disease (which can lead to heart attack) and carotid artery disease (which can lead to stroke). The goal of the DASH study was to determine whether a particular diet could lower blood pressure, reducing the risk of potentially fatal events. Ideally, the researchers wanted to identify a diet to lower blood pressure, as a vegetarian diet often does, but that would also include some meat to appeal to a broader group of people.

The DASH study examined the impact of three different dietary patterns on a group of 459 subjects. The average age of the group was 44.6 years old, and 49 percent of the participants were women. In addition, 59 percent of the participants were African-American.

After the participants had eaten an average, “typical” American diet for three weeks, their blood pressure was measured. They were then asked to do one of the following:

- \* Group One: Continue eating the average American diet without adding or limiting any specific types of foods.
- \* Group Two: Eat more fruits and vegetables than group one, the average American diet.
- \* Group Three: Eat more fruits, vegetables and low-fat dairy products than one normally would, and restrict ones intake of fat and sweets. This later became known as the DASH diet.

All three groups consumed the same amount of salt (3000 mg per day, slightly less than the average intake of Americans at 3600 to 4000 mg per day) and calories. Alcohol was limited to one to two drinks a week in all groups.

After eight weeks, all participants on the DASH diet (group three) exhibited lower blood pressure. In fact, the blood pressure of participants on the DASH diet was about as low as that of patients who took medications (antihypertensives) to lower blood pressure. It is estimated that widespread use of the DASH diet could reduce the overall incidence of coronary artery disease by 15 percent and stroke by 27 percent. The study was published in the New England Journal of Medicine in 1997.

Follow-up research suggested that the DASH diet is even more effective for African-Americans than it is for Caucasians. Identifying an effective treatment for African-Americans is particularly important because they are at particularly high risk of developing high blood pressure.

Before the introduction of the DASH diet, the main dietary change recommended for patients with high blood pressure was a reduction of salt. However, the DASH study was able to show for the first time how dietary changes other than salt reduction can affect blood pressure.

To further investigate the effects of salt on blood pressure, a second phase of research was performed. The DASH-Sodium trial investigated the relationship between blood pressure and different levels of dietary sodium intake with two different diet plans. The study included 412 participants, 57 percent of whom were women and 57 percent were African American. Forty-one percent of the participants had hypertension.

The participants were assigned to two different dietary patterns:

- \* Group One: Continue eating the average American diet without adding or limiting any specific types of foods.
- \* Group Two: the DASH diet.

Both groups then modified the sodium content of their diet as follows:

- \* High sodium diet (3,300 milligrams of sodium per day) for one month,
- \* Intermediate sodium diet (2,400 milligrams of sodium per day) for the following month and lastly
- \* Low sodium diet (1,500 milligrams of sodium per day) for one month.

Reducing sodium intake lowered blood pressure for both the average American diet and the DASH diet groups. In fact, the more the sodium level was reduced the greater the blood pressure fell. However, the biggest reduction in blood pressure was found in the group that followed the DASH diet at the lowest level of sodium intake. Therefore, according to this study the DASH diet combined with a reduction in sodium intake has an additive effect on lowering blood pressure. The results of the DASH-Sodium trial were published in the New England Journal of Medicine 2001.



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## **Information on the DASH Diet**

Two studies showed that blood pressure can be lowered through dietary modification and lowering sodium (salt) intake. The first was Dietary Approaches to Stop Hypertension (DASH), a major research study looking at different diets and their affects on blood pressure. Its findings led to the development of the DASH diet which offers a set of dietary guidelines for those looking to lower their blood pressure. The second, called the DASH - Sodium study, investigated the effects of sodium intake on blood pressure. The findings showed that reducing the amount of sodium in one's diet lowers blood pressure especially when a low sodium diet is combined with the DASH diet.

The DASH diet encourages patients to take the following steps in order to lower their blood pressure:

- \* Reduce the overall amount of fat, saturated fat and cholesterol.
- \* Increase the number of fruits, vegetables and low-fat dairy foods.
- \* Increase fiber intake by including whole grain products.
- \* Reduce the amount of sodium (e.g., salt) to preferably 2,400 milligrams or 1,500 milligrams per day.
- \* Reduce sweets and sugar-containing beverages.

Overall, the DASH diet is rich in minerals such as magnesium, potassium and calcium, as well as protein and fiber, while low in fat, cholesterol and sodium.

Patients in the DASH study who used the diet were able to lower their blood pressure to the same extent as other patients who took antihypertensives. Patients are encouraged to speak with their physician about whether the DASH diet might be used as a replacement for medications. However, no one should abruptly stop taking their medications or begin this diet without first consulting their physician.

### **About the DASH Diet**

The DASH diet is a set of dietary guidelines for people with high blood pressure (hypertension). Not only has research shown the diet to significantly lower blood pressure, but it also appears to lower cholesterol levels and homocysteine levels.

The DASH plan is based on a 2,000-calorie diet but can be adjusted according to individual needs. The DASH diet guidelines are presented below for information and educational purposes only. Patients should not make any diet or medication changes before consulting with their physician. The general guidelines are as follows:

Seven to eight servings each day of grains or grain products. These include breads, cereals and pastas. Grains are important sources of fiber, vitamins and minerals. Each serving should be prepared with as little added fat or sugar as possible.

Four to five servings of vegetables each day. Vegetables are a good source of potassium, magnesium and fiber. This category of the DASH diet includes beans, potatoes, squash and others as well as the more common vegetables such as spinach, broccoli and corn.

Four to five servings of fruit each day. This category of the DASH diet includes all fruits, even exotic selections like kiwi, mangos, currants and figs. The fruits may be eaten fresh, canned, frozen, dried, blended in 100 percent fruit juices or in any other pure form.

Two to three servings each day of low-fat or non-fat dairy products. These are a major source of protein and calcium. This category includes fat-free (skim) and low-fat (1 percent) milk, and milk products.

No more than two servings each day of meats, poultry or fish. High in protein and magnesium, this category includes red meat and white meat, as well as meat alternatives, such as eggs or tofu. It also includes shrimp, fish and other types of seafood.

Four to five servings each week of nuts, seeds and legumes. While rich in magnesium, potassium, protein and fiber, recommended portions are small because the items in this category are high in fat. It includes all types of nuts, peanut butter, beans and lentils.

No more than three servings each day of fats. These fats include butter, margarine, salad dressing and mayonnaise.

No more than five servings each week of sweets. These include sugar, maple syrup, jelly, hard candies, fruit punches, and more.

Lower intake of sodium preferably from 1500 (two-thirds teaspoon table salt) to 2,400 (one teaspoon of table salt) milligrams per day. These amounts include all the salt consumed during the day, including the naturally occurring sodium in foods as well as that added in cooking and added at table.

### Sample DASH menu

Here is an example of a typical day on the DASH diet.

#### Breakfast:

##### Bagel

1 medium bagel with butter (two servings of grains, one serving of fat).

6 oz. glass of orange juice (one serving of fruit).

1 cup low-fat cottage cheese (one serving of dairy).

#### Snack:

##### Fruit and Nuts

1 medium plum (one-half serving of fruit).

1/3 cup mixed nuts (one serving of nuts).

#### Lunch:

##### Chicken Pita

3 oz. cooked chicken (one serving of meat).

1 small white or whole-wheat pita (one serving of grains).

1/2 cup lettuce (one-half serving of vegetables).

1/4 tomato, sliced (one-half serving of vegetables).

1-1/2 oz. low-fat cheddar cheese (one serving of dairy).

**Snack:**

**Pretzels and Carrots**

- 1 oz. pretzels (one serving of grains).
- 1/2 cup raw carrots (one serving of vegetables).

**Dinner: Cajun Shrimp**

- 3 oz. cooked shrimp (one serving of fish).
- 1 cup cooked rice (two servings of grains).
- 1/2 cup chopped peppers (one serving of vegetables).
- 1 cup tomato sauce (two serving of vegetables) and assorted seasonings.
- 1 medium slice of cornbread (one serving of grains).
- 1 teaspoon olive oil (one serving of fat).

**Dessert:**

**Strawberry-Banana Smoothie**

- 1 medium banana (one serving of fruit).
- 1/2 cup strawberries (one serving of fruit).
- 4 oz. nonfat vanilla yogurt (one-half serving of dairy).
- 3 oz. mixed-fruit juice (one-half serving of fruit).

**Dos and Don'ts for the DASH Diet**

Staying true to any diet is a challenge, but keep in mind that any change you are able to make today is a step toward a healthier tomorrow. Here are some tips to help you stay on track:

- \* Do add a serving of vegetables at lunch.
- \* Do use half the butter, mayonnaise, salad dressing or other high-fat items that you normally use. Trying low-fat or non-fat alternatives will also help.
- \* Do eat fruit as a snack. An apple or banana is perfect for those hungry times between meals. Want something to munch on? Try berries!
- \* Do watch what you drink. Replace soda, sugary teas or punches and alcoholic beverages with fat-free (skim) (or 1 percent). This will not only help you cut back on your sweets, but will also help you meet the DASH diets dairy requirements.
- \* Do learn serving sizes. Serving-sizes are a guideline to help you change not only what you are eating, but also how much of each type of food you are eating. While all the numbers and charts are initially cumbersome, they will become second nature once a daily routine has been set.
- \* Do learn to read food labels. Much of the sodium in our diet is added to foods while processing. To lower your intake of sodium, begin by removing the salt shaker from the table. Gradually lower the amount of salt added during cooking and instead try herbs, spices, lemon or sodium-free seasoning blends to flavor your food. You can also rinse canned foods to lower their sodium content. Lastly, read food labels and compare sodium content of foods when shopping.
- \* Do experiment with vegetarian dishes or dishes with little meat and more vegetables and grains. These include stir-fry meals, pasta dishes and casseroles. These healthy and tasty alternatives will add spice and variety to your diet.
- \* Do change your shopping list. That way, you wont be eating the same things in the same proportions. Increase the amount of fruits and vegetables on your weekly shopping list. Dont buy as much meat. If its not there, you cant eat it.
- \* Do feed your cravings for sweets with sugar-free gelatin or dried fruit.
- \* Do keep it simple. Remember that you are not trying to stay on a short-term diet. You are changing your lifestyle. The simpler you keep your meals, your goals and your tasks, the easier they will be to maintain.
- \* Do keep a record. Keeping a diary or a logbook can help you keep track of the number of servings you are eating in each category. Plus, seeing what you are

eating in black and white is a great way to check your progress. It can also help you to identify patterns and triggering events that put you off track.

- \* Do celebrate success! Reward yourself for every accomplishment (but not with food!)

- \* Dont make meat the center of your meal. Although meat contains nutrients that are good for the body, it is also high in saturated fat and cholesterol, not to mention calories. You can continue to enjoy meat as part of a balanced meal rather than the whole meal. Remember to make this change gradually. If you typically eat more than the suggested amount of meat, reduce your portions by a third for one week. After a week, cut back another third until your serving sizes of meat are equal to the DASH serving size of 3 ounces.

- \* Dont try to do it all at once. You will be more successful if you make gradual changes in your eating habits.

- \* Dont be discouraged by occasional lapses. They happen. It is important, however, to determine why the lapse occurred so you can avoid that same trigger in the future. Perhaps it was a holiday party that got you off track? Stress due to a problem

at work? Learn from the mistake and move on; dont beat yourself up. Its all part of the process of change.

### Lactose Intolerance and the DASH Diet

The DASH diet calls for two to three servings each day of low-fat or non-fat dairy products. However, some people cannot tolerate lactose (a sugar found in dairy products). Lactose intolerance can cause people to experience stomach cramps, bloating, nausea and/or diarrhea after consuming dairy products. They experience these symptoms because their bodies do not produce enough of the enzyme lactase, which breaks down lactose .

Patients who are lactose intolerant can stay true to the DASH diet by using specialty products. Lactose-free or reduced-lactose milk is sold in the dairy case of most supermarkets. In addition, lactase enzymes can be purchased in liquid or pill form. The liquid can be added directly to dairy products to neutralize the lactose contained in them. Pills can be taken in capsule or chewable tablet form immediately before consuming the dairy product. Any of these methods can enable a lactose intolerant person to stay on the DASH diet.

### Nutrition Profile of the DASH Diet

Those who follow the DASH diet will get two to three times the amount of some nutrients as the average American. Based on a 2,000-calories diet, a DASH dieter will be getting the following daily nutrients:

	DASH Diet	Average American Diet
Calcium	1200 mg	450 mg
Carbohydrates	55 percent	48 percent
Cholesterol	150 mg	300 mg
Fiber	30 grams	9 grams
Fat	27 percent	37 percent
Saturated Fat	6 percent	16 percent
Monounsaturated Fat	13 percent	13 percent
Polyunsaturated Fat	8 percent	8 percent
Magnesium	484 mg	165 mg
Potassium	4566 mg	1700 mg
Protein	18 percent	15 percent
Sodium	1500 to 2400 mg	3000 mg

**Research has shown that DASH dieters can lower their blood pressure even further if they eat more potassium-rich foods and decrease their sodium intake to 1500 milligrams per day.**



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## **DASH Diet - Part III**

For years doctors have recommended reducing sodium to help lower your blood pressure. Now they have discovered that a diet rich in fruits, vegetables and low-fat dairy products also can lower your blood pressure.

An eating guide called the Dietary Approaches to Stop Hypertension (DASH) diet may help you prevent or lower high blood pressure. And the diet may also provide other health benefits.

### **Common Problem**

About one in four American adults have high blood pressure (hypertension). Millions more have prehypertension, which means their blood pressure falls at the high end of the range formerly considered normal. Nine times out of 10, prehypertension progresses to full-blown hypertension after you reach age 55 unless you take steps to prevent it.

Treatment advice has typically consisted of lifestyle changes -- eating healthy, reducing sodium, maintaining a healthy weight, not smoking, exercising and limiting alcohol -- usually combined with medication. In recent years, diet has taken on an increasingly important role in blood pressure control.

### **Diet Comparison**

Participants in the study that proved the effectiveness of the DASH diet followed one of three diets:

- \* A diet that matched the average American diet
- \* A diet rich in fruits and vegetables
- \* A combination diet that was reduced in saturated fat and emphasized fruits, vegetables and low-fat dairy products.

Sodium consumption in all three diets was about 3,000 milligrams (mg) a day.

The result: The fruit-and-vegetable and combination diets both lowered blood pressure, but the combination diet was most effective.

In that group, the decrease was greatest for those with Stage I high blood pressure -- then defined as above 140/90 millimeters of mercury (mm Hg) -- with an average drop of 11.4 points in the top number (systolic pressure) and 5.5 points in the bottom number (diastolic pressure). That's about the same effect as some medications.

Researchers aren't sure why the combination diet fared better. However, they believe it's due to the mixture of nutrients provided rather than any single ingredient.

Here are the number of servings you should consume daily from each food group. Serving amounts are based on a diet of 2,000 calories a day.

Food/servings	1 serving equals	Food examples
Grains & grain products 7 to 8 daily	1 slice bread, 1/2 cup dry or cooked cereal, 1/2 cup cooked rice or pasta	Whole wheat breads, English muffins, pita bread, bagels, cereal, oatmeal, grits
Fruits & vegetables 4 to 5 fruit servings daily, 4 to 5 vegetable servings daily	6 oz. fruit or vegetable juice, 1 medium fruit, 1/2 cup frozen or canned fruit, 1 cup raw, leafy or 1/2 cup cooked vegetables	Apricots, bananas, grapes, oranges, grapefruit, melons, strawberries, tomatoes, peas, carrots, potatoes, broccoli, squash, leafy greens
Dairy foods (low-fat or nonfat) 2 to 3 daily	8 oz. milk, 1 cup yogurt, 1 1/2 oz. cheese	Skim or 1% milk, nonfat or low-fat yogurt, nonfat or part-skim cheese
Meats, poultry & fish 2 or fewer daily	3 oz. cooked meat, poultry or fish	Lean meats only; trim visible fat, remove skin from poultry; broil, roast or boil
Nuts, seeds & legumes 4 to 5 a week	1/3 cup nuts, 2 tablespoons seeds, 1/2 cup cooked legumes	Almonds, peanuts, mixed nuts, sunflower seeds, kidney beans, lentils
Fats & oils 2 to 3 daily	1 teaspoon soft margarine, 1 tablespoon lowfat mayonnaise, 1 teaspoon vegetable oil	Soft margarine, lowfat mayonnaise, light salad dressing, or olive, corn, canola or safflower oil
Sweets 5 a week	1 tablespoon sugar, 1 tablespoon jelly or jam, 1/2 oz. jellybeans, 8 oz. lemonade	Maple syrup, sugar, jelly, jam, hard candy, sorbets, ices

#### What about sodium?

A low-sodium version of the DASH diet lowers blood pressure even further, as shown by another National Heart, Lung and Blood Institute study.

Study participants who followed a DASH diet containing no more than 1,500 mg of sodium per day experienced a dramatic average blood pressure drop of 8.9 mm Hg systolic and 4.5 mm Hg diastolic.

Current dietary guidelines say that you should limit your daily intake of sodium to no more than 2,400 mg. Government researches say that many Americans typically consume more than 4,000 mg of sodium daily.

#### Widespread Benefits

If your blood pressure is normal, the DASH diet may help you avoid blood pressure problems. If you have prehypertension, the DASH diet may lower your risk of developing high blood pressure -- and all of the risks that go along with it -- as you age. For more severe high blood pressure, it may allow you to reduce your medication. However, don't stop or alter your medication without first consulting your doctor.

The DASH diet can't do it alone, though. It's important that you take other steps to control or prevent hypertension, such as:

- \* Exercising
- \* Losing excess weight, if necessary
- \* Not smoking

- \* Reducing sodium
- \* Limiting alcohol

#### **More Than a Hypertension Diet**

**The DASH diet may improve your health in other ways. Fruits and vegetables may reduce your risk of some cancers. The calcium in dairy products can lower your risk of osteoporosis. And a diet low in saturated fat and cholesterol can reduce your cardiovascular disease risk. The diet also lowers the amount of homocysteine in your blood, which when high is another risk factor for cardiovascular disease. An additional plus: The diet is made up of foods readily available at your local grocery store.**



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## **DASH Diet and Eating Out**

What if a pleasant dinner out could help lower your blood pressure? It can, provided you order the right kinds of foods and combine the occasional restaurant meal with a healthy eating plan at home.

The eating plan used in the Dietary Approaches to Stop Hypertension (DASH) study may not only help lower your blood pressure if it's already high, but also prevent it from rising as you age. Eating smart is key to controlling prehypertension, a new blood pressure category that includes millions of Americans. If your systolic blood pressure -- the top number -- is between 120 and 139 millimeters of mercury (mm Hg) or your diastolic blood pressure -- the bottom number -- is between 80 and 89 mm Hg, you have prehypertension. Without DASH or a similar eating plan and other lifestyle changes such as maintaining a healthy weight and exercising, prehypertension is likely to progress to hypertension after age 55.

### **DASH Can Help**

The DASH diet emphasizes whole grains, fruits, vegetables and low-fat or fat-free dairy products while limiting sodium to 1,500 milligrams or less per day and reducing total and saturated fat and sodium. DASH also supplies plenty of fiber, as well as calcium, magnesium and potassium -- three minerals associated with lower blood pressure. Although researchers aren't exactly sure why DASH is so effective, a recent study suggests that the combination of foods acts like a diuretic, promoting the elimination of sodium in the urine and so lowering high blood pressure.

### **Check, Please**

Although the portions can often be larger and the temptations greater when you dine out, you can make the same healthy food choices you do at home. All it takes is reading the menu closely and asking questions about how dishes are made. Some restaurants, for example, use menu symbols to identify low-fat items or list all heart-healthy fare in a particular menu section. Many restaurants will also honor special requests to prepare a dish with less fat and sodium.

Minimizing fat and sodium, however, won't do anything about paring down portion size. If the entree is larger than you want, ask if you can have the lunch portion, even if you're eating dinner. Other options: Request a takeout box and take home half of the meal for the next day, substitute an appetizer for an entree, or split a meal with a companion.

Are you ready to order?

Follow these suggestions to keep your DASH plan on target when dining out:

**Appetizer.** Choose appetizers with vegetables, fruits or fish, such as chopped, raw vegetables, fresh-fruit compote or shrimp cocktail (use lemon juice instead of higher-sodium cocktail sauce).

**Soup.** You're often better off avoiding soup and choosing fruit or salad. Broth- or tomato-based soups are often high in sodium. Chowders, creamed or pureed soups, as well as some fruit soups, may contain high-fat heavy cream and high-cholesterol egg yolks.

**Salad.** Order lettuce or spinach salad with dressing on the side and limit yourself to one soup-spoon of dressing. Caesar, Greek and taco salads are higher in fat and calories. Chef salads are usually high in fat, cholesterol and calories because of the large amounts of cheese, eggs and meat.

**Bread.** If you're offered a bread basket, take one piece and ask your server to remove the basket. Choose a whole-grain bread, roll or breadstick. Muffins, garlic toast and croissants have more calories and fat, and crackers can be high in both sodium and fat.

**Entree.** Choose a baked, broiled (without added butter), grilled, poached, roasted or steamed entree. Meats and vegetables that have been sauteed or stir-fried in a small amount of oil, broth or water are usually lower in fat as well. Entrees to avoid include anything fried, fricasseed, creamed, sauteed or stir-fried in heavy oil. Also steer clear of broasted, stuffed, buttered, breaded or basted entrees. If the name of an entree contains the term au gratin, a la king, alfredo or parmigiana, choose something else. Always ask for sauce to be served on the side.

**Side dish.** Choose a baked potato, boiled new potatoes, steamed vegetables, rice or fresh fruit instead of french fries, potato chips, onion rings or mayonnaise-based salads, such as potato salad. Ask the chef to skip the butter, margarine or salt when preparing a vegetable or rice dish.

**Condiments.** Choose items like fresh tomato, cucumber and lettuce for sandwiches. Avoid olives, pickles and sauerkraut because of their high sodium content. Use ketchup, mustard and mayonnaise sparingly and substitute pepper or lemon juice for salt.

**Dessert.** Wait before ordering dessert to let the main course settle. It takes awhile for a feeling of fullness to register in your brain. If you just can't resist dessert, though, choose fresh fruit, poached spiced fruit, plain cake with fruit puree, sorbet or sherbet.

**Alcohol.** Wine, beer and hard liquor may have more calories than you think, an important fact for people who are trying to lose weight. Twelve ounces of beer, regular or light, has 150 calories. A 5-ounce glass of wine or 1.5 ounces of 80-proof whiskey contains 100 calories. What's more, excessive alcohol consumption can raise your blood pressure. According to the latest recommendations from the National High Blood Pressure Education Program, if you choose to drink, limit the amount to one drink a day if you're a woman and one or two drinks a day if you're a man.

#### **Going Ethnic: Healthy dishes for every culinary style**

As with American foods, the trick is to sidestep excess fat and sodium not always easy with some international cuisines. Frequently, though, excess fat and sodium find their way into ethnic foods only when they're prepared for American tastes. Here's what you should know when heading out to your favorite ethnic restaurants:

**Chinese.** Many Chinese dishes contain low-fat ingredients such as vegetables and grains. Maintain these healthy pluses by ordering wisely. Look for stir-fried (request little or no oil) or steamed dishes with lots of vegetables, steamed rice, poached fish, or entrees that

contain chicken, seafood or just vegetables. Learning some Chinese can also help you make the right choices. Order items that contain the word Jum (poached), Chu (boiled) or Kow (roasted). Avoid fried items such as crispy wonton appetizers, egg or spring rolls, fried rice and shrimp toast. To limit sodium, ask that your food be prepared without salt, monosodium glutamate (MSG) or soy sauce. Request other salty sauces on the side.

**Italian.** The foundation of many Italian dishes is low-fat pasta. The key is not to cover it with a rich sauce. Look for red or clam sauces and fresh tomato-based sauces like marinara, which may also help you meet your daily vegetable requirements. Also choose simply prepared fish or chicken dishes. Good choices include chicken in wine sauce, grilled fish or shrimp marinara. Avoid items that contain cream or butter sauces, such as fettuccine alfredo or pasta stuffed with cheese or fatty meat. Also avoid items with pancetta or prosciutto Italian bacon and ham which are high in salt. When ordering pizza, ask for more vegetables and less meat and cheese.

**Mexican.** Many Mexican restaurants north of the border feature items high in fat, but you can find a healthy dish if you choose wisely. Look for dishes without the typical add-ons, such as cheese, sour cream or guacamole, and concentrate on items that are baked, not fried. Your best choices include fajitas, burritos or soft tacos. Fajitas are an especially good choice because you choose which ingredients go in the flour tortilla. Pile on the grilled vegetables and limit the sour cream and guacamole. Avoid refried beans, which are often cooked in lard, and Mexican rice, which may be high in sodium. Choose black beans and plain rice instead. Also skip the fried chips usually served before the meal. Instead, ask for plain tortillas to dip into salsa.

**Japanese.** Although many Japanese dishes contain mainly fish, rice and vegetables foods high in nutrients the cuisine can also be extremely salty. Stay away from dishes containing soy and other salty sauces. If you're not sure how an item is prepared, ask. Look for steamed rice, soba or udon noodles, yaki soba (stir-fried noodles), yakitori (chicken teriyaki), shumai (steamed dumplings), tofu, sukiyaki and kayaku goban (vegetables and rice). Avoid shrimp or vegetable tempura, chicken katsu, tonkatsu (fried pork), shrimp agemono and fried tofu (bean curd).

**New American or Californian.** Featuring Mediterranean, Pacific Rim or American Southwest cooking, these restaurants generally offer a variety of healthy choices. Look for seafood broiled with lemon and herbs to bring out flavor. Or choose pan-roasted meats, which are browned quickly over high heat to seal in juices. Items rubbed with herbs also tend to be flavorful and contain less fat and salt. Avoid dishes made with cheese, fatty meats, cream or butter.

### **Outsmarting the Fast-Food Trap**

Many major fast-food franchises have at least a few lighter fare items, such as salads and grilled chicken. Many have also switched from animal to vegetable cooking fats, which lowers saturated fat and cholesterol. Despite these beneficial changes, some of the healthier choices are still too high in fat and calories. "Be choosy" should always be your bottom line when dining out at a fast-food restaurant.

Look at the wide range of fat, calorie and sodium levels, for example, in these typical fast-food items:

### **Fast-Food Nutrition Sampler**

**McDonald's Big Mac**  
Fat (grams) - 33  
Calories - 580

**Sodium (mg) - 1,050**

**McDonald's Chicken McGrill**

**Fat (grams) - 17**

**Calories - 400**

**Sodium (mg) - 890**

**McDonald's Caesar salad (plain)**

**Fat (grams) - 4**

**Calories - 90**

**Sodium (mg) - 170**

**McDonald's Caesar salad (with chicken or dressing)**

**Fat (grams) - 7**

**Calories - 210**

**Sodium (mg) - 680**

**Subway 6-inch Meatball Sub**

**Fat (grams) - 26**

**Calories - 540**

**Sodium (mg) - 1,300**

**Subway 6-inch Cold Turkey Breast Sub (without cheese or mayonnaise)**

**Fat (grams) - 4.5**

**Calories - 280**

**Sodium (mg) - 1,010**

**Subway 6-inch Cold Veggie Delite Sub (without cheese or mayonnaise)**

**Fat (grams) - 3**

**Calories - 230**

**Sodium (mg) - 510**

**If you regularly eat fast food, here are some ordering strategies that will help you get the healthiest bang for your buck:**

**\* Order small portions for example, a single small hamburger instead of a double, or a small order of fries instead of a large one.**

**\* Choose unbreaded poultry items, such as broiled or grilled chicken. Even better, order a veggie sandwich or garden salad without cheese and eggs, and ask for low-fat or fat-free dressing.**

**\* To control sodium, cut back on ketchup, mustard, sauces and pickles. Also skip the salted french fries, chips, ham, sausage, bacon and cheese.**

**\* Skip milk shakes and dessert items such as pies and sundaes with syrups. Instead, order orange juice or a flavored coffee with skim milk.**

**Putting It All In Perspective**

**If all the suggestions for healthy eating seem a bit overwhelming, remember that eating well isn't an all-or-nothing proposition. Every food you eat doesn't have to be an excellent source of nutrients or fiber. It's OK to have high-fat or salty foods on occasion. The key to lowering your blood pressure, though, is to eat healthier foods more often than their less healthy counterparts. Over time, this smarter approach to diet will become a habit, and good habits can be as difficult to break as bad ones.**



SETMA I - 2929 Calder, Suite 100  
SETMA II - 3570 College, Suite 200  
SETMA West - 2010 Dowlen  
(409) 833-9797  
[www.setma.com](http://www.setma.com)

## **What is a Low-Sodium Diet?**

A low-sodium diet includes no more than 2,000 to 3,000 milligrams (mg) of sodium per day. That is the same as 2 to 3 grams of sodium a day. To give you an idea of how much that is, 1 teaspoon of salt = approximately 2,300 mg sodium.

People with mild heart failure (no or mild symptoms with vigorous or moderate exercise) are usually asked to limit their sodium intake to 3,000 mg per day.

People with moderate to severe heart failure (symptoms with light exercise, household chores or at rest) are usually asked to limit their sodium intake to 2,000 mg per day.

Check with your doctor or nurse on the sodium limit that is best for you.

### **How Do I Follow a Low-Sodium Diet?**

You can take four basic steps to reduce the amount of sodium in your diet:

1. Stop adding salt to your food
2. Adapt your preferred foods to low-sodium versions
3. Pick foods naturally low in sodium
4. Learn to read food labels

#### **Step 1: Stop Adding Salt to Food**

To accomplish this step, try the following tips:

Take the salt shaker off of the table.

Do not add salt when cooking.

You can reduce your sodium intake by as much as 30 percent by following the first two tips. People often say that food tastes bland without salt. You can make foods taste good without salt by trying the following tips:

Experiment with low- or no-salt herbs, spices, and seasoning mixes.

Try using seasonings like black, cayenne, or lemon pepper. Dried and fresh herbs such as garlic, garlic or onion powder (not salt), dill, parsley, and rosemary are also naturally very low in sodium. Combination spice mixes in a bottle are great as long as salt or sodium are not one of the ingredients.

Sprinkle fresh lemon juice over vegetables and salads. Season or marinate meat, poultry, and fish ahead of time with onion, garlic, and your favorite herbs before cooking to bring out the flavor.

Avoid spices and seasoning mixes with the word salt or sodium in the name. They will be high in sodium. For example, just a teaspoon of a seasoned salt such as garlic salt or

celery salt contains about 1,500 mg of sodium. View this chart for a list of high-sodium seasonings.

**Examples: High-Sodium Spices, Seasonings and Condiments**

Alfredo mixes	Pickle relish
Barbecue sauce	Plum sauce
Celery salt	Poultry seasoning
Cocktail sauce	Regular Ketchup
Dry meat marinade mixes	Salt
Dry salad dressing mixes	Salt sense
Fish sauce	Sea salt
Garlic salt	Seasoned salt
Generic sauce mixes	Soy sauce
Horseradish	steak sauces
Kosher salt	Stir fry mixes
Lite salt	Stir fry sauce
Lite soy sauce	Taco sauce
Meat tenderizer	Taco seasoning
MSG	Teriyaki sauce
Onion salt	Worcestershire sauce

It can be fun learning new ways to eat. View the list below low-sodium seasonings to use when cooking. There are many salt-free seasoning mixes in your supermarket. Look in the spice section for seasonings labeled "salt-free".

**Examples:**

**Low-Sodium Spices, Herbs, Seasonings and Condiments**

Allspice	Garlic powder
Basil	Ginger
Bay leaves	Lemon juice
Black pepper	Low-sodium ketchup (limit to 1-2 tbsp.)
Cayenne pepper	Nutmeg
Celery powder	Onion powder
Chili powder	Oregano
Chives	Paprika
Cinnamon	Parsley
Cloves	Pimento
Cocoa powder	Red pepper
Cumin	Sage
Curry	Salt substitute (with physician's approval)
Dill	Tabasco pepper sauce (1 tbsp. OK)
Dry mustard	Thyme
Flavored extracts (vanilla, almond, etc.)	Vinegar
Fresh garlic	

**Step 2: Adapt Your Preferred Foods to Low-Sodium Versions**

To do this, try these tips:

Consider getting a low-salt cookbook.

You can find excellent low-salt cookbooks at your local library. You can also buy one at a bookstore or on the Internet. After getting used to low-sodium eating, you will be able to adapt your favorite recipes to low-sodium versions.

For example, if you like soup, make your own low-sodium version with fresh meat and vegetables. Toss the ingredients into a slow cooker, and use herbs and spices for seasonings. Make extra and freeze some for later meals.

Use low-sodium substitutes for foods that you like.

For example, prepare a fresh lean pork roast instead of a country ham.

You can cook fresh chicken, turkey, roast beef, or pork without adding salt and use the meats for sandwiches instead of packaged lunch meats. Use fresh lettuce, tomato, and onion for flavoring.

Instead of these high-sodium foods Consider these low sodium alternatives	Amount of sodium
Baking powder (1 tsp.)	400-550 mg
Low-sodium baking powder (1 tsp.)	5 mg
Garlic Salt (1 tsp.)	1,480 mg
Garlic Powder (1 tsp.)	1 mg
Peanut butter (2 tbsp.)	150-250 mg
Unsalted peanut butter (2 tbsp.)	0 mg
Canned pasta sauce (1/4 cup)	125-275 mg
No salt added pasta sauce (1/4 cup)	25 mg
French fries (small order)	150-700 mg
Unsalted french fries (small order)	10-20 mg
Salted nuts (1 oz.)	120-250 mg
Unsalted nuts (1 oz.)	3-10 mg
Saltine crackers (1)	70 mg
Low-sodium saltine crackers (1)	7 mg
Self-rising flour (1 cup)	1,600 mg
Enriched white or whole wheat flour (1 cup)	3-6 mg
Ham (3 oz.)	1,025 mg
Fresh pork (3 oz.)	60 mg
Instant oatmeal (3/4 cup)	180 mg
Regular cooking oatmeal (3/4 cup)	5 mg
Turkey ham (3 oz.)	865 mg
Turkey (3 oz.)	75 mg
Corned beef (3 oz.)	800 mg
Roast beef (3 oz.)	60 mg

### Step 3: Pick Foods Naturally Low in Sodium

To accomplish this step, try the following tips:

Choose fresh foods.

Fresh fruits and vegetables including freshly squeezed fruit and vegetable juices have very little sodium. The same is true for fresh meat, poultry and fish.

Generally, you can eat as much fresh food as you want without counting the sodium content. So, think fresh when choosing foods.

If you are not eating fresh foods, choose other low-sodium foods as much as possible.

Other good options include canned fruits and plain frozen vegetables.

Dried beans, peas, rice, and lentils are also excellent low-sodium foods, but make sure not to add salt or other ingredients such as salt pork when cooking them.

#### Step 4: Learn to Read Food Labels

By reading food labels, you can learn which foods are high and low in sodium. As a rule, most processed foods, whether they are frozen, canned, or boxed, are high in sodium. For example, most frozen TV dinners, frozen snack foods such as pizza rolls and egg rolls, canned vegetables, and instant hot cereals are high in sodium and should be avoided.

But not all processed foods are high in sodium. Some packaged foods are available in low- or no-salt versions. Sometimes it is hard to know what to eat. The only way to know for sure is to read the food label. It is especially important to read the labels of processed foods or any food with which you are unfamiliar.

#### Foods With Less Than 10 mg of Sodium Per Serving

Fruit and fruit juices (fresh, frozen or canned)	Sugar
Honey	Unsalted nuts
Hot cereals such as oatmeal, wheat, and oat bran (regular cooking, not instant which is high in sodium, 1 cup with no salt added while cooking)	Unsalted peanut butter (but not regular peanut butter)
Jelly beans (10 large)	Unsalted butter or margarine (but not regular)
Macaroni, noodles, rice, and barley (cooked in unsalted water with no added salt, 1 cup)	Vegetables (most types fresh or frozen except those in the 10-40 mg section)
Salt-free herbs and spices (most)	Vinegar
Shredded wheat or puffed rice type cereals (1 cup)	

#### Foods With 10-40 mg of Sodium Per Serving

Beets (1/2 cup)	Ice cream (1/2 cup)
Beet greens (1/3 cup)	Kale (3/4 cup)
Carrots (1 cup)	Soda pop (8 oz.)
Celery (2 stalks)	Spinach (1/2 cup cooked)
Club soda (8 oz.)	Vanilla Wafers (2 cookies)
Granola type cereal (1/2 cup)	White wine (4 oz.)

#### Foods With 45-65 mg of Sodium Per Serving

Beef, pork, lamb, and poultry	Fish (fresh, 3 oz.)
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### **Foods With More Than 800 mg of Sodium Per Serving**

<b>Baking soda (1 tsp.)</b>	<b>Main dishes (canned or frozen)</b>
<b>Bouillon cubes (1 cube)</b>	<b>Pork and beans (canned, 1 cup)</b>
<b>Chicken broth (canned, regular, 1 cup)</b>	<b>Pudding (instant chocolate, 1 cup)</b>
<b>Corned beef (3 oz.)</b>	<b>Sauerkraut (2/3 cup)</b>
<b>Dill pickle (1 large)</b>	<b>Soup (canned, 1 cup)</b>
<b>Ham (lean, 3 oz.)</b>	<b>Soy sauce (regular, 1 tbsp.)</b>
<b>Lunch meats (2 oz.)</b>	<b>Spaghetti sauce (bottled, 1 cup)</b>
<b>Macaroni and cheese (packaged, 1 cup)</b>	

### **Low-Sodium Foods**

<b>Beans, peas, rice, lentils, or pasta (dried and fresh, cooked without salt)</b>	<b>Milk (evaporated)</b>
<b>Cereals (hot, regular cooking)</b>	<b>Milk (nonfat dry)</b>
<b>Club soda</b>	<b>Milk (skim, low-fat, and regular)</b>
<b>Coffee (regular and decaffeinated)</b>	<b>Seltzer water (flavored)</b>
<b>Fruits (fresh, frozen, and canned)</b>	<b>Soda pop (regular and diet)</b>
<b>Fruit drinks</b>	<b>Soy milk</b>
<b>Herbs and spices (non-salt)</b>	<b>Tea (iced)</b>
<b>Lemonade</b>	<b>Vegetables (fresh and plain frozen)</b>
<b>Meats, fish, and poultry (fresh)</b>	<b>Yogurt (plain and fruit flavored)</b>
<b>Milk (chocolate skim)</b>	

### **High-Sodium Foods: Meats, Vegetables, Milk Products, Starches and Others**

#### **Meats**

<b>Anchovies</b>	<b>Knockwurst</b>
<b>Bacon</b>	<b>Kielbasa</b>
<b>Beef jerky</b>	<b>Pastrami</b>
<b>Bologna</b>	<b>Pepperoni</b>
<b>Braunschweiger</b>	<b>Pickled Loaf</b>
<b>Breaded meat (frozen)</b>	<b>Pickled meats and eggs</b>
<b>Breakfast sausage</b>	<b>Pimento loaf</b>
<b>Chipped ham</b>	<b>Pot pies (frozen)</b>
<b>Corned beef</b>	<b>Salami</b>
<b>Dried beef (jarred)</b>	<b>Sardines</b>
<b>Herring (jarred)</b>	<b>Tuna, salmon, and chicken (canned regular)</b>
<b>Hot dogs</b>	<b>Vienna sausage</b>
<b>Hot sausage</b>	

## Vegetables

Pickles (sweet and dill)	Spaghetti sauce
Pizza sauce	Stewed tomatoes
Regular canned vegetables	Tomato and vegetable juice
Regular jarred and canned tomatoes	Tomato sauce
Sauerkraut	

## Examples of Sodium Content of Fast Food

Food	Sodium content per serving
Fried chicken (1 piece or serving)	500-800 mg
Mashed potatoes with gravy	297 mg
Small hamburger	506 mg
Small cheeseburger	742 mg
Large cheeseburger	1,220 mg
Chef salad	850 mg
Bean burrito	922 mg
Taco	273 mg
Enchilada	1,260 mg
Taco salad	1,368 mg

## Reading a Food Label for Sodium Content

1. Begin by reviewing the serving size and sodium content information.
2. If you eat the same sized serving as the one listed on the label, then you are eating the amount of sodium that is listed.
3. But if the amount you actually eat is either larger or smaller, the amount of sodium you will be eating will also be larger or smaller.

For example, if you eat a double portion of the food shown above, you will also be eating twice as much sodium as listed on the label. A 10 oz. serving of the food above would contain 880 mg of sodium.

Look for low-sodium versions of the foods you like.

Many types of canned goods are now available in low-sodium versions. Look for canned foods labeled sodium-free, no-salt, low-sodium, light in sodium, very low- sodium, reduced-sodium, less-sodium, or unsalted.

You can also remove some sodium from canned foods by rinsing them. Keep in mind that this does not remove all of the sodium.

Select low-sodium cheeses or yogurt when making sauces.

If you have low potassium, your doctor or nurse may advise you to eat foods high in potassium. They may also prescribe a potassium pill to make sure you are getting enough potassium. If your doctor or nurse suggests that you eat foods high in potassium, try the following:

Avocados	Potatoes and sweet potatoes
Bananas	Spinach

<b>Broccoli</b>	<b>Strawberries</b>
<b>Cantaloupe</b>	<b>Tomatoes</b>
<b>Dried fruits</b> <b>(prunes, dates, raisins)</b>	<b>Whole grains</b>
<b>Nuts</b>	<b>Winter squash</b>
<b>Oranges and other citrus</b> <b>fruits</b>	

**But if your potassium level is high, your doctor or nurse may advise you to avoid eating certain foods and salt substitutes containing potassium. Always check with your doctor or nurse before using salt substitutes that contain potassium.**