



Positive Pulse Wellness Newsletter

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"Promote and protect the wellness of our community through education, programs, and services."

Inside this issue:

How to Reduce Sodium	1
Portion Pitfalls	2
February is National Children's Dental	2
Brandi's "Clean Eating" Recipe	3

Special points of interest:

- * Challenge Option 1: Reduce your sodium intake at least 3 days a week, for at least 2 meals, the entire month of February 2017.
- * Challenge Option 2: Every time you are watching television and a commercial is on, exercise until the commercial is over for the entire month of February 2017. (Jumping jacks, push-ups, lunges, squats, etc.). Optional modification: Complete the exercise every other commercial.

How to Reduce Sodium

Choose a heart healthy diet. The DASH (Dietary Approaches to Stop Hypertension) eating plan is a simple, heart-healthy diet that can help prevent or lower high blood pressure. The DASH diet is low in sodium, cholesterol, and saturated and total fats, and it is high in fruits and vegetables, fiber, potassium, and low-fat dairy products.

If you follow the DASH eating plan and also make other lifestyle changes, such as getting more physical activity, you will see the biggest benefits.

Tips for lower sodium at the supermarket:

- Buy fresh, frozen (no sauce), or no salt added canned vegetables.
- Use fresh poultry,* fish, pork,* and lean meat, rather than canned or processed meats.



- When available, buy low sodium, lower sodium, reduced sodium, or no salt added versions of products.
- Limit your use of sauces, mixes, and "instant" products, including flavored rice and ready-made pasta.
- Compare Nutrition Facts labels on food packages for Percent Daily Value or amount of sodium in milligrams.
- Check to see if saline or salt solution has been added—if so, choose another brand.

Tips while eating out:

Restaurant foods are a major source of sodium in most Americans' diets, so it pays to take a few minutes to find out what's in the food you're eating. Planning ahead also can help you find restaurants that have information on sodium levels in the foods they serve.

To reduce your sodium when you are eating out at a restaurant:

- Check online for nutritional information before you go if you are eating at a chain restaurant or fast-food outlet. Some independent restaurants also post this information on their Web sites.
- Ask your server for information about the amount of sodium in your food. Sometimes this information is printed on the menu.
- Request that no salt be added to your food.
- Beware of hidden sources of sodium such as sauces and dressings, and ask for these toppings on the side

Portion Pitfalls

When eating at many restaurants, it's hard to miss that portion sizes have gotten larger in the last few years. The trend has also spilled over into the grocery store and vending machines, where a bagel has become a BAGEL and an "individual" bag of chips can easily feed more than one. Research shows that people unintentionally consume more calories when faced with larger portions. This can mean significant excess calorie intake, especially when eating high-calorie foods. Here are some tips to help you avoid some common portion-size pitfalls.

Portion control when eating out. Many restaurants serve more food than one person needs at one meal. Take control of the amount of food that ends up on your plate by splitting an entrée with a friend. Or, ask the wait person for a "to-go" box and wrap up half your meal as soon as it's brought to the table.

Portion control when eating in. To minimize the temptation of second and third helpings when eating at home,

serve the food on individual plates, instead of putting the serving dishes on the table. Keeping the excess food out of reach may discourage overeating.

Portion control in front of the TV. When eating or snacking in front of the TV, put the amount that you plan to eat into a bowl or container instead of eating straight from the package. It's easy to overeat when your attention is focused on something else.



Go ahead, spoil your dinner. We learned as children not to snack before a meal for fear of "spoiling our dinner." Well, it's time to forget that old rule. If you feel hungry between meals, eat a healthy snack, like a piece of fruit or small salad, to avoid overeating during your next meal.

Be aware of large packages. For some reason, the larger the package, the more people consume from it without realizing it. To minimize this effect:

- Divide up the contents of one large package into several smaller containers to help avoid over-consumption.

Don't eat straight from the package. Instead, serve the food in a small bowl or container.

Out of sight, out of mind. People tend to consume more when they have easy access to food. Make your home a "portion friendly zone."

- Replace the candy dish with a fruit bowl.
- Store especially tempting foods, like cookies, chips, or ice cream, out of immediate eyesight, like on a high shelf or at the back of the freezer. Move the healthier food to the front at eye level.

www.cdc.gov

February Is National Children's Dental Health Month



February is National Children's Dental Health Month. The American Dental Association usually recommends one to two dental visits per year. It's a new year, have you or your child visited the dentist yet?





Brandi's "Clean Eating" Recipe

Light and Easy Shrimp Pasta

Ingredients:

- 1 lb whole grain spaghetti noodles
- 1 1/2 lbs medium to large, raw peeled and deveined shrimp, preferable tail on
- Juice of 1/2 a lemon
- 3 tbsp. olive oil, plus additional to serve
- 3 cloves garlic, minced
- 1/8 tsp red pepper flakes
- 1/2 cup fresh flat leaf parsley leaves, finely chopped
- 1/2 cup dry white wine
- 14 oz cherry tomatoes, chopped
- 1/8 tsp sea salt
- 1/4 cup chopped fresh basil leaves, optional

Instructions:

1. Cook pasta al dente according to package. Drain.
2. Rinse shrimp in a large bowl filled with water and lemon juice. Set aside.
3. In a large, non-stick skillet, on medium-high, heat oil. Add garlic and pepper flakes and sauté for 2-3 minutes. Add parsley and shrimp and cook until shrimp is vivid pink. Add wine, stirring until reduced by about half. Add tomatoes and cook for 5 more minutes. Remove shrimp from sauce and set aside.
4. Add pasta to the skillet with sauce

and sauté on medium-heat for 1 minute; season with salt. Transfer pasta to a serving platter and arrange shrimp over top. Serve with a drizzle and oil and basil (if using).

www.cleaneatingmag.com

