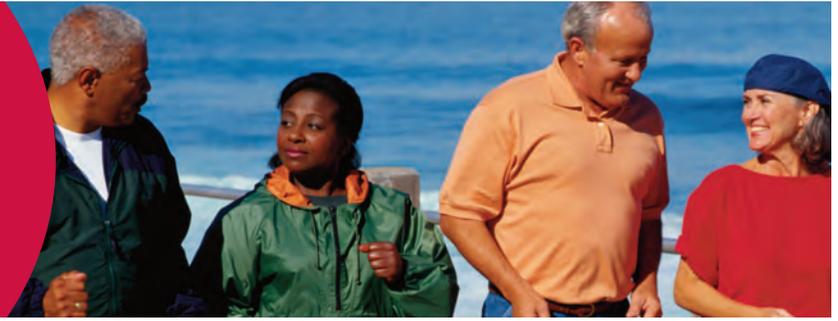


# UNDER PRESSURE

May 2011

HIGH BLOOD PRESSURE NEWS YOU CAN USE



## Can You Read a Nutrition Label?

Do you need to decrease the salt (sodium) and fat in your diet to help reduce your risk of heart disease? How do you figure out how much sodium and fat are in the things you eat? The answer is on the nutrition label but many people look at the label and can't figure out what it all means. Have you ever felt this way? Making changes is hard to do when you aren't sure what's in the things you're eating. Here's a breakdown of what's on the label.

Refer to the picture of the nutrition label below:

Nutrition Facts	
Serving Size	½ cup
Servings Per Container 10	
Amount Per Serving	
Calories	226
Calories from Fat 55	
% Daily Values*	
Total Fat	6.12g 9%
Saturated Fat	1.79g 9%
Polyunsaturated Fat	1.34g
Monounsaturated Fat	2.22g
Trans Fat	0 g
Cholesterol	1mg 0%
Sodium	103mg 4%
Potassium	204mg
Total Carbohydrate	40g 13%
Dietary Fiber	4g 15%
Sugars	14g
Protein	5.12g
Vitamin A	0%
Calcium	3%
Vitamin C	2%
Iron	12%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

- Serving Size** – This tells you the size of one serving for this particular food item and how many servings are in the package. The measurements used in serving sizes are standard to make it easy to compare foods that are similar.
- Calories** – This is how much energy you get from one serving of this food. Most people eat more calories than they need. Try to decrease the size of your serving and only eat one serving or less of a food item at a meal.
- Fat** – Decreasing fat helps improve your **cholesterol** which can contribute to heart problems. Less fat in the foods you eat helps to decrease the calories you take in each day. “Bad” (unhealthy) fat is found in **Trans Fat** and **Saturated Fat**; “Good” (healthy) fat is found in **Polyunsaturated Fat** and **Monounsaturated Fat**. Try to decrease the “bad” and increase the “good” fat in the foods that you eat.
- Sodium** – This is the amount of salt in the serving of food that you're eating. Most people consume much more salt than is needed each day. The Centers for Disease Control recommends that, in general, adults should consume no more than 2,300mg a day. People who have high blood pressure, are 40 years old or older, or are of African-American descent should consume no more than 1,500mg of salt a day (1 teaspoon salt).

## Biking for Your Health

### Bike to Work

Gas prices are on the rise. Why not try biking to work? You're sure to find a parking spot. Not only will you save on gas but biking offers these health benefits:



- Increased cardiovascular fitness
- Increased strength
- Increased balance and flexibility
- Increased endurance and stamina
- Increased calories burned

### Questions for Your Health Care Team

- How can I decrease the amount of salt in my food especially when I use packaged foods?
- What is the most salt I should have in the food I eat each day?

## Biking Trails

Once completed, the Blackstone River Bikeway will extend 48 miles from downtown Worcester, MA to India Point Park in Providence, RI. From there it will connect with the existing East Bay bike path and continue on to Bristol, RI. In addition, many state parks offer mountain bike trails. For more information, visit <http://www.nps.gov/blac/index.htm>.



## Biking Group

Seven Hills Wheelmen is a recreational group for adults in the Worcester area who enjoy bicycling and other outdoor activities. Bike rides are for all abilities and aren't competitive. Off-season activities include hiking, mountain biking, cross-country skiing and snowshoeing. Visit [www.sevenhillswheelmen.org](http://www.sevenhillswheelmen.org) for details.

## Recipes for Heart Health: *Chicken Stir Fry*

Courtesy of Mrs. Dash® ([www.mrsdash.com](http://www.mrsdash.com))



- 1 cup (240mL) Mrs. Dash® Spicy Teriyaki Marinade, divided
- 1 pound (454g) boneless, skinless chicken breasts, thinly sliced
- 1 tablespoon (15mL) vegetable oil
- 12 ounces (336g) frozen stir fry vegetables
- 3 cups (720mL) hot cooked brown rice

Marinate chicken in  $\frac{3}{4}$  cup Mrs. Dash® Spicy Teriyaki Marinade for at least 10 minutes. Remove chicken and discard marinade.

Heat oil in a medium skillet on high heat, add chicken, and cook for about 3 minutes, or until chicken is no longer pink. Add vegetables and remaining  $\frac{1}{4}$  cup Mrs. Dash® Spicy Teriyaki Marinade; continue cooking until vegetables are tender, about 6 minutes. Serve over cooked rice.

Serving size: About 1½ cups

Servings: 6

**Nutritional information:** Calories Per Serving: 250; Total Fat: 6g; Trans Fat: 0g; Sodium: 75mg; Potassium: 410mg; Total Carbohydrates: 30g; Protein: 21g.

*Note: Not a significant source of calories from fat, saturated fat, cholesterol, dietary fibers, sugars, vitamin A, vitamin C, calcium and iron.*

## Web Sources for Hypertension Information

- National Heart, Lung and Blood Institute  
[www.nhlbi.nih.gov/hbp/](http://www.nhlbi.nih.gov/hbp/)
- MedlinePlus, U.S. National Library of Medicine  
[www.nlm.nih.gov/medlineplus/highbloodpressure.html](http://www.nlm.nih.gov/medlineplus/highbloodpressure.html)
- American Heart Association  
[www.americanheart.org](http://www.americanheart.org)
- American Society of Hypertension  
[www.ash-us.org/patient\\_edu/bp\\_booklet.html](http://www.ash-us.org/patient_edu/bp_booklet.html)

For information about our partner, the Heart and Vascular Center of Excellence, please visit [www.umassmemorial.org/heart](http://www.umassmemorial.org/heart)

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## Center for the Advancement of Primary Care

