



How Much is Too Much?

We just finished the holidays, and many of us are discouraged when we bravely step on that scale. Don't despair. Much of that weight is water retention due to the high sodium (Na) content in all those yummy holiday foods. According to the American Heart Association a person should consume only 1500 - 2300 mg of sodium on a daily basis. That's about one teaspoon of salt per day. Unfortunately the typical American consumes greater than 3400 mg of sodium per day. Cutting back on

sodium has proven to lower blood pressure in people with and without hypertension (high blood pressure), and can reduce the risk of cardiovascular disease and stroke. Here are some tips for lowering salt in your diet.

- Avoid processed foods - 75% of salt comes from these foods in America
- Cut back on condiments (ketchup, barbecue sauce)
- Be aware of dressings, gravies, and sauces (Creamy Southwestern Dressing - 1060 mg Na/ Bacon Ranch Dressing - 810 mg Na/ Asian Sesame Dressing - 780 mg Na/ Creamy Ranch Dressing - 640 mg Na / Blue Cheese Dressing - 830 mg Na)
- Choose alternative spices - garlic, pepper, salt-free herbs, lemon juice, Balsamic vinegar
- Avoid Fast Foods
 - **McDonald's:** Crispy Chicken Ranch BLT - 1830 mg Na / Big Mac - 960 mg Na/ 10 piece Chicken Nuggets - 900 mg Na / McChicken - 800 mg Na / Double Cheeseburger - 1040 mg Na
 - **Wendy's:** Club Sandwich - 1610 mg Na / Spicy Chicken Sandwich 1240 mg Na
 - **Taco Bell:** Bean Burrito - 1080 mg Na / Mucho Grande Nachos - 2670 mg
 - **Pizza Hut:** 4 piece Hot Buffalo Wings - 900 mg Na / 1 slice Cheese Pizza - 650 mg Na/ 1 slice Pepperoni Pizza - 790 mg Na/ 1 slice Meat Lover's Pizza - 900 mg Na
- Read Labels - sometimes foods high in sugars can also be high in sodium(ex: pies and cakes)
- Choose fresh meats (not deli meats or meats in packages)
- Choose fresh fruits and vegetables
- Watch for products that don't taste salty but have a high sodium content (like cottage cheese)

Take your time lowering sodium in your diet. It takes about 6 to 8 weeks to get used to the taste of a lower sodium diet.

A good site for accessing information on fast foods and their contents is www.weightcommander.com

CORE VALUES

We believe in Soaring to Success by building strong Character, Academics, Relationships, and Entrepreneurs for a life of leadership!

Prevent Colds and Flu: Remember to TAKE 5



Handwashing is the single most effective way to prevent the transmission of infections.

Remember to wash your hands:

- When they're visibly dirty
- After using the restroom or changing a diaper
- After blowing your nose or sneezing in your hands
- Before and after eating
- After touching raw meat, poultry, or fish
- After visiting or caring for a sick person
- After handling pets or animals

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Heart Health

Don't let the cold weather keep you from you from moving around. Make it a New Year's Resolution to keep your heart healthy.

- Don't be a couch potato - sedentary behavior can result in impaired performance at school and can contribute to emotional and social problems as well as attention deficits. It also contributes to obesity, being overweight, irregular sleep, and less time to play.
- Eat lots of fruits and vegetables
- Don't skip breakfast.
- Pick fun physical activities.
- Drink water and not soda.
- Stay positive.



Heart Healthy Recipes from our Entrepreneurs



PINEAPPLE SALSA AND BAKED PITA CHIPS

Pineapple Salsa

Ingredients;

One Pineapple, One red bell pepper, One orange or yellow bell pepper, Two jalapeno peppers, One bunch of green onions, One bunch of cilantro, One pint of blueberries, 2 tablespoons of sugar, Two teaspoons of cumin, Rice wine vinegar, and Salt to taste

Directions:

Wash all fruits and vegetables, Chop pineapple, peppers, green onions, and cilantro and combine in a large mixing bowl. Add blueberries, sugar, cumin and rice wine vinegar and gently mix. Add salt to taste.

Pita Chips

Ingredients:

4 Slices of pita bread, 2 tablespoons of Olive Oil, Salt and Pepper to taste

Directions:

Preheat Oven to 400 degrees. Cut pita bread in wedges. Place pita bread on a cookie tray and drizzle or brush with olive oil. Sprinkle with salt and pepper. Bake for 7 minutes.

HAPPY NEW YEAR FROM THE WELLNESS COMMITTEE!!

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