



# THE BEACON

Wellness Edition - August 2017

## Salt Reduction

Increasing production of more and more processed foods, rapid urbanization, and changing lifestyles are transforming dietary patterns. Highly processed foods are increasing in availability and becoming more affordable. People around the world are consuming more energy-dense foods that are high in saturated fats, trans fats, sugars, and salt. Salt is the primary source of sodium and increased consumption of sodium is associated with hypertension and increased risk of heart disease and stroke.

At the same time, as their eating patterns shift, people are consuming less fruit, vegetables, and dietary fiber (such as whole grains), that are key components of a healthy diet. Fruits and vegetables contain potassium, which contributes to reduce blood pressure.

Salt in the diet can come from processed foods, either because they are particularly high in salt (such as ready meals, processed meats, cheese, salty snack foods, and instant noodles, among others) or because they are consumed frequently in large amounts (such as bread and processed cereal products). Salt is also added to food during cooking (bouillon and stock cubes) or at the table (soy sauce, fish sauce, and table salt).

However, some manufacturers are reformulating recipes to reduce the salt content of their products and consumers should read food labels and choose products low in sodium.

### Recommendations for Salt Reduction

- For adults: World Health Organization (WHO) recommends that adults consume less than 5 g (under a teaspoon) of salt per day.
- For children: WHO recommends that the recommended maximum intake of salt for adults be adjusted downward for children aged two to 15 years based on their energy requirements relative to those of adults.
- All salt that is consumed should be iodized (fortified with iodine), which is essential for healthy brain development in the fetus and young child and optimizing people's mental function in general.

Salt consumption at home can be reduced by:

- not adding salt during the preparation of food;
- not having a salt shaker on the table;
- limiting the consumption of salty snacks;
- choosing products with lower sodium content.

### Key Facts

- High sodium consumption and insufficient potassium intake contribute to high blood pressure and increase the risk of heart disease and stroke.
- The main source of sodium in our diet is salt, although it can come from sodium glutamate, used as a condiment in many parts of the world.
- Most people consume too much salt - on average 9–12 grams per day, around twice the recommended level of intake.
- Salt intake of less than 5 grams per day for adults helps to reduce blood pressure and risk of cardiovascular disease, stroke, and coronary heart attack. The principal benefit of lowering salt intake is a corresponding reduction in high blood pressure.
- An estimated 2.5 million deaths could be prevented each year if salt consumption were reduced to the recommended level.

Source: World Health Organization ([www.who.int](http://www.who.int))

### Recipe of the Month - Banana Custard Scrunch

#### Ingredients

- 1 cup plain yogurt
- 3/4 cup prepared vanilla pudding
- 3/4 cup rolled oats
- 2 tbsp. honey
- 3 small bananas, sliced

#### Nutrition (per serving)

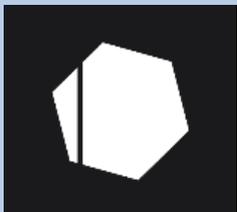
- Makes 4 servings
- Calories - 267 kcal
  - Fat - 5.4 g
  - Carbs - 51.8 g
  - Protein - 5.8 g
  - Cholesterol - 9 mg
  - Sodium - 110 mg



#### Directions

1. In a small bowl, stir together yogurt and vanilla pudding. Set aside.
2. Heat a dry skillet over medium heat. Measure in the oats, and toast for about 1 minute, until hot. Drizzle honey over the oats, and continue to stir over medium heat until the oats are crispy at the edges.
3. Remove the oats from the heat, and spoon most of them into the bottom of 4 glasses or small bowls. Reserve the rest for topping. Using about half of the banana slices, place a layer of sliced bananas over the oats in each glass or bowl. Pour custard over the banana slices. Top with the rest of the banana slices, and sprinkle with the rest of the toasted oats.

### App of the Month - FREELETICS



Looking for bodyweight workouts? Freeletics has more than 900 that last anywhere from 10 to 30 minutes. Whether you choose to work out in the kitchen, on the subway, or in your office, you can rely on Freeletics to deliver a great workout for your fitness level.

*This app is available for free on iPhone and Android devices.*

## Fiber Up, Slim Down

Losing weight can be a frustrating experience if you feel hungry all the time. Did you know you can curb your appetite — and your frustration with weight-loss efforts — by increasing the amount of fiber you eat?

High-fiber foods may help you lose weight by helping you feel full on fewer calories. A healthy diet of lower-calorie foods and regular physical activity is your best strategy for achieving a healthy weight — and maintaining it.

### The Scoop on Hunger and Satisfaction

How full you feel depends on several factors:

- How often you eat
- How much you eat
- What type of food you choose
- When your brain tells your body that it's had enough food.

### Why Fiber?

High-fiber foods often require more chewing and may take longer for your stomach to digest. This can help your body recognize that it is full, before you start eating more food. Diets rich in whole grains and fiber have been associated with better quality diets and decreased risk of cardiovascular disease.

### Finding Fiber — Get the Skinny

Fruits, vegetables, beans, whole grains, and leafy greens are some of your best bets for higher-fiber foods. Eating a variety of fruits and vegetables may help you control your weight, cholesterol, and blood cholesterol. The American Heart Association recommends eating a diet rich in fruits, vegetables, and whole grains.

### This or That?

Consider these two lunch choices. *One*: a fried chicken sandwich on white bread with a shake. And *two*: a turkey and veggie sandwich on whole-grain bread with a blended fruit smoothie. Which is healthier and better for weight loss? The turkey sandwich and the smoothie are — and they prove you don't have to sacrifice taste when you eat healthier. Better choices made consistently over time can lower your weight and improve your health.

Source: American Heart Association ([www.heart.org](http://www.heart.org))

### Do you have a question or concern?

If there is a topic you would like us to cover in an upcoming newsletter, please contact us at [beacon@reschini.com](mailto:beacon@reschini.com) with "Newsletter" in the subject line, along with a detailed description of a topic or question you would like to be addressed.

## Recognizing and Treating Eye Injuries

When an eye injury does occur, have an ophthalmologist or other medical doctor examine the eye as soon as possible, even if the injury seems minor at first.

A serious eye injury is not always immediately obvious. Delaying medical attention can cause the damaged areas to worsen and could result in permanent vision loss or blindness.

Because eye injuries can cause serious vision loss, it's important to be able to recognize an injury and appropriately respond to it.

**DO NOT attempt to treat a serious eye injury yourself.**

### How to Recognize an Eye Injury

If you notice any of these signs in yourself or someone else, get medical help right away.

- The person has obvious pain or trouble seeing.
- The person has a cut or torn eyelid.
- One eye does not move as well as the other.
- One eye sticks out compared to the other.
- The eye has an unusual pupil size or shape.
- There is blood in the clear part of the eye.
- The person has something in the eye or under the eyelid that can't be easily removed.

### What to do for an Eye Injury

For all eye injuries:

- DO NOT touch, rub, or apply pressure to the eye.
- DO NOT try to remove the object stuck in the eye.
- Do NOT apply ointment or medication to the eye.
- See a doctor as soon as possible, preferably an ophthalmologist.

It is important to seek medical attention as soon as symptoms of injury occur to help prevent vision loss or permanent damage to your eye(s).

Source: American Academy of Ophthalmology ([www.aao.org](http://www.aao.org))

### Additional Resources

- [American Academy of Ophthalmology](http://www.aao.org) ([www.aao.org](http://www.aao.org))
- [American Heart Association](http://www.heart.org) ([www.heart.org](http://www.heart.org))
- [World Health Organization](http://www.who.int) ([www.who.int](http://www.who.int))