

Heart-Healthy Hint:

Many African Americans are low in Vitamin D and may need to take a supplement.⁹ Talk with your doctor about taking Vitamin D.

4 Getting to Goal: Steps That Can Help

Check the steps you will take to **Help Cut the Salt:**

- Keep my daily sodium limit under 1,500 mg
- Eat more fresh fruits, vegetables and whole grains
- Learn more about the DASH plan
- Try a new DASH heart-healthy recipe
- Eat fewer packaged, canned, and fast foods
- Read the food label and choose foods that are lower in sodium
- Prepare foods without adding salt
- Use salt-free seasonings to flavor food
- Rinse canned vegetables with water to reduce salt
- Take the salt shaker off the table
- When eating out, ask for your meal to be prepared without salt or with less salt
- Check with your doctor about taking Vitamin D

DASH—My Way Here's a sample of what you might eat for lunch and dinner on the DASH eating plan:⁵

Lunch

- Ham and cheese sandwich:
 - 2 ounces low-fat, low-sodium ham
 - 1 slice reduced-fat cheddar cheese
 - 2 slices whole-wheat bread
 - 1 large leaf romaine lettuce
 - 2 slices tomato
 - 1 Tbsp low-fat mayonnaise
- 1 cup carrot sticks

Dinner

- 3 ounces cod with 1 tsp lemon juice
- ½ cup brown rice
- 1 cup spinach, cooked from frozen, sautéed with 1 tsp canola oil and 1 Tbsp slivered almonds
- 1 small cornbread muffin, made with oil and 1 tsp soft margarine

Feeling the Pressure?

Q: "My family and I like to get together for a home-cooked meal. It's our Sunday tradition. How can we make our food taste as good without the salt?"

A: You can still enjoy all the same foods with your family. You just need to learn how to prepare them with less salt and fat. Fill your table with more fruits, vegetables and whole grains. Instead of adding salt, use salt-free seasonings like Mrs. Dash®, or lemon juice, vinegar, black pepper, garlic, oregano or basil. By making these few small changes to your Sunday meals, you'll help your whole family lower their salt intake.



References: 1. American Heart Association. High Blood Pressure. Factors that Contribute to. Available at: <http://www.heart.org/presenter.jhtml?identifier=4650>. Accessed February 26, 2011. 2. American Heart Association. High Blood Pressure and African Americans. Available at: http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/UnderstandYourRisks/HighBloodPressureAndAfricanAmericans_UCM_301832_Article.jsp. Accessed February 18, 2011. 3. Mayo Clinic. Sodium: How to tame your salt habit now. Available at: <http://www.mayoclinic.com/health/sodium/NU02284>. Accessed February 18, 2011. 4. American Heart Association. Shaking the Salt Habit. Available at: http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/Prevention/Treatment/HighBloodPressure/Shaking-the-Salt-Habit_UCM_302241_Article.jsp. Accessed February 18, 2011. 5. NHLBI. Your Guide to Lowering Your Blood Pressure With DASH. Available at: http://www.nhlbi.nih.gov/health/public/heart/dash/new_dash.pdf. Accessed February 18, 2011. 6. Roeland S. Vitamin D, Blood Pressure, and African Americans: Toward a Unifying Hypothesis. Clin J Am Soc Nephrol. September 2010;5:1691-1703.

Getting to Goal

Lowering Your Blood Pressure

The fault with salt

A low-salt diet can help you Get to Goal!

African Americans may be more sensitive to salt. They also are more likely to get high blood pressure than many other groups. Just an extra half-teaspoon of salt in your diet is enough to potentially raise your blood pressure by several points.^{1,2}

Under Pressure
Lower blood pressure is the goal.
HEART HEALTHY LIVING
FOR AFRICAN AMERICANS



INSIDE THIS ISSUE...

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