

PROTECT YOUR HEALTH get salt *savvy!*

Too much sodium (salt contains sodium) in our diet can lead to high blood pressure. One-in-five Canadians has high blood pressure, which is a significant risk factor for stroke, heart attack and kidney disease.

There are no obvious signs or symptoms, which is why it is often labeled 'the silent killer.' The only way to determine whether you have high blood pressure is to measure it¹.

Making lifestyle changes and reducing your daily intake of sodium can help significantly reduce high blood pressure and related health problems.

Health Canada's sodium targets for the average Canadian is 2,300 mg by 2016 and 1,500 mg as a long range goal. The average Canadian currently consumes more than double the 2016 target.

¹ Hypertension Canada (www.hypertension.ca)



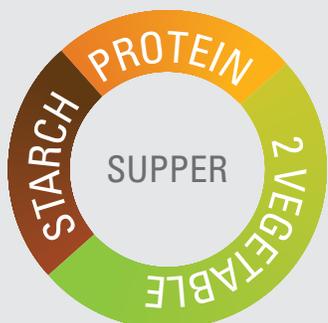
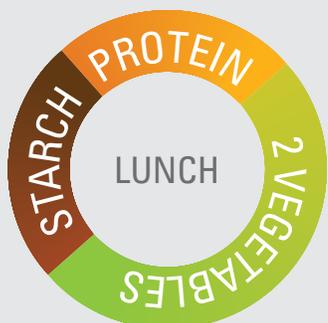
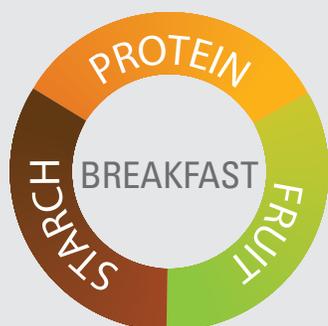
TOO MUCH
SODIUM IN OUR
DIET CAN LEAD
TO HIGH BLOOD
PRESSURE



WANT TO BE HEALTHIER AS PER EATING WELL WITH CANADA'S FOOD GUIDE?

Start with a healthy, well-balanced diet.

- Eat three meals per day and ensure that each includes a protein source, a few vegetables sources (fruit at breakfast) and a grain source.
- Try to eat protein snacks between meals to avoid being overly hungry. This will help keep your meal portion sizes in check.
- Keep your eye on processed foods, as they may contain high levels of sodium. Read the label carefully.



CHICKEN IN APPLE MUSTARD SAUCE Serves: 4

Nutritional content per serving:
calories 470 | protein 62 g | total fat 10 g |
saturated fat 5 g | carbohydrate 28 g | fibre 3 g |
cholesterol 170 mg | sodium 165 mg | potassium 28% |
calcium 4% | iron 10% | vitamin A 25% | folate 4% |
vitamin C 25% | vitamin B12 51%

Visit www.chicken.ca for this recipe and more nutritious meal ideas.

TIPS TO KEEP YOUR BLOOD PRESSURE IN CHECK:

- Plan your meals! Most people who do not plan their meals may choose quick, convenient and easy foods to prepare which are usually loaded with sodium.
- Cook more and reduce sodium! Weekend batch cooking is a great time saver for the busy week. In making homemade soups, casseroles and entrees, you can reduce the amount of sodium and salt-containing ingredients used.
- Use natural flavour enhancers like lemon juice, garlic, herbs or onions. Premixed herb products naturally low in sodium are available. Condiments such as mayonnaise, ketchup and dips are loaded with sodium (and fats).
- Eat fresh food! Salt is often added to food to increase its shelf life. Try to eat as close to the farm as possible and enjoy fresh foods more often. Keep the ingredients simple.
- Read the "Nutrition Facts" panel found on most packaged foods.
- Try to choose foods with less than 200 mg of sodium. If you choose a food higher in sodium, make sure your total meal contains no more than 800 mg of sodium.
- Be active! Regular activity and exercise have been proven to prevent and/or reduce many health challenges, especially high blood pressure. Try to be active more than 4 times per week. Exercise increases your metabolism and helps with cardiovascular fitness.
- Maintain a healthy weight! Being at a healthy weight with less body fat is helpful for your heart, as it does not have to work so hard. Having less weight around your midsection will also significantly reduce your risk of high blood pressure, heart problems and diabetes.
- Avoid excess alcohol! Alcohol can increase your blood pressure. Women should have no more than 1 alcoholic drink per day. Men should have no more than two drinks per day.