



Salt stands accused

There's a place for salt in a healthy eating plan, but most of us consume up to three times the recommended amount, often without even realizing it. We do, however, need small amounts of salt for healthy functioning, such as maintaining a proper fluid balance in the body.

The blood pressure connection

About one-third of people are sensitive to the sodium component of salt. This means that eating foods with too much salt can increase the amount of blood in the arteries, raising blood pressure and increasing the risk of heart disease and stroke. Because our diets are generally so high in salt, everybody – even those with normal blood pressure – can benefit from reducing salt intake.

Foods with high salt content

About 80% of the salt we consume comes from processed foods, including fast foods, prepared meals, processed meats such as hot dogs and lunchmeats, canned soups, bottled dressings, packaged sauces, condiments such as ketchup and pickles, and salty snacks like potato chips.

To help reduce added, unnecessary salt:

- Cut down on prepared and processed foods.
- Drain and then rinse canned vegetables and beans with water. It could reduce the amount of sodium by up to 50% of the total on the Nutrition Facts table.
- Look for products with claims such as low sodium, sodium reduced or no salt added.
- Eat more fresh vegetables and fruit.
- Reduce the amount of salt you add while cooking.
- Experiment with other seasonings, such as garlic, lemon juice and fresh or dried herbs.
- Look for food products that are lower in sodium per serving. For example:

| Ingredient and serving size | % Daily Value |
|--|---------------|
| Small serving of crackers (20 g) | 10 % |
| Soups (125 mL condensed, 250 mL serving) | 20 % to 27 % |
| Entrée (250 g) | 30 % |

Source : www.fmcoeur.qc.ca



March: Nutrition Month

Please visit www.moisdelanutrition.ca, to download educational sheets and official poster that will surely inspire you to Simply Cook and Enjoy!

Love the idea of good home cooking but need some help to get it together? Here are some quick tips & tricks that transform everyday practicalities into simply great eating:

- Sketch out a meal plan for a few days ahead to make the « what's for dinner » question a no-brainer.
- Need to keep a tight rein on food costs? Focus on budget-conscious foods that offer high-quality nutrition like legumes and frozen vegetables and fruit.
- Gather family and friends around the table with good food, simply prepared. Turn off the phones, the video games, the TV and enjoy!

April: Autism Month



The month of April is a special moment to inform the public and increase awareness regarding autism and other autism spectrum disorders. It also represents an opportunity to overcome prejudices, which are the main obstacle to the integration of those people in the community.

The term « autism » is often used in two different ways. It is used to refer specifically to Autistic Disorder and it is also used more generally to refer to all Autism Spectrum Disorders.

People with ASDs develop differently from others in the areas of motor, language, and cognitive and social skills. Each person with an ASD is unique and will have different abilities.

Autistic Disorder usually appears during the first three years of life and is four times more common in boys than girls. Asperger Syndrome is often diagnosed later, once a child reaches school age. In general, ASDs occur in about 1 in 200 people in Canada. Autism is not related to race, ethnicity, family income, lifestyle or parenting.

For more information, please visit: www.autismsocietycanada.ca.