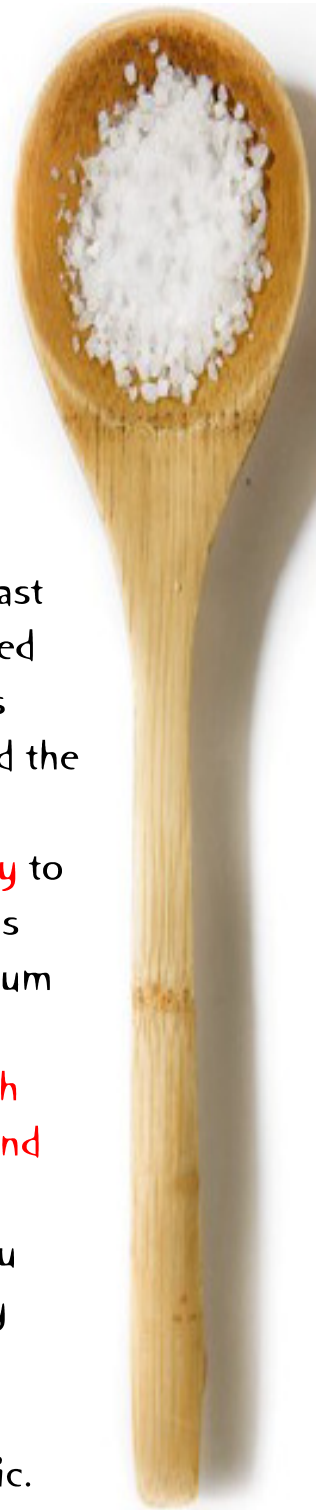


# COOK FRESH.

We all eat way too much sodium, and young adults, teens, and kids eat more of it than anyone else. And no wonder. Today's meals and snacks are often grab and go, and **many of our most popular processed foods – cereal, ketchup, cheese, and soda, to name just a few common items -- are often loaded with sodium** (whether you can taste it or not). Plus, **most restaurant meals are very high in salt**, too. You can try to avoid fast food and ask for your meals at sit-down restaurants to be prepared without salt. You can also check the labels on convenience foods



the big number

# 2325

A teaspoon of salt equals 2325 mg of sodium. The RDA for sodium ranges from 1500-2300 mg/day.

you eat at home, and avoid the ones that are highest in sodium. But **the best way** to be sure that your family is not eating too much sodium is to **cook fresh foods at home, don't add too much salt during preparation, and keep your hands off the shaker at the table.** If you miss the flavor of salt, try using more black pepper, lemon juice, hot sauce, herbs, onion, and/or garlic.

**EAT BETTER. PLAY HARDER.  
LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!™**

*This newsletter is provided as a wellness resource by Henrico School Nutrition Services*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

May 2011

## EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

### BROCCOLI



Most vegetables are very low in sodium. For example, broccoli, in addition to its many nutritional benefits, contains only 20 mg of sodium per half cup. The trick is not to load up your veggies and other healthy foods with table salt.

## LEARN EASIER

The best way to learn about your own sodium intake is to add up all the sodium you eat in a single day. Check all the nutrition labels and use the internet for fast food and other items. You'll probably be surprised at how much sodium you consume!



## PLAY HARDER



Up to 30% of the finishers at the Hawaii Ironman race are "hyponatremic," meaning that they have a low concentration of sodium in the blood. Endurance athletes – like long-distance cyclists, triathletes, and marathoners – and people exercising at length in conditions that make them sweat heavily need to make sure they get enough sodium and other minerals to replace what the body loses.

## LIVE HEALTHIER

We all need salt to live – about 500 mg a day is adequate for good health. Most Americans, though, get 4,000 mg a day. 80% of our intake typically comes from sodium in processed and prepared foods we eat at home and at restaurants. The rest comes from table salt and salt that occurs naturally in fresh food. At an early age, kids develop a salt habit that can lead to high blood pressure even when they're young and to many health problems as they get older. The sooner you kick the salt habit, the healthier you'll be for the rest of your life.



### Breakfast

**\$1.35**

### Lunch

**\$2.25**

We provide free and reduced-price meals (\$.30 for breakfast, \$.40 for lunch) for eligible students. Please call your school for details.

#### What Are Those Numbers On The Menu?

Henrico School Nutrition Services is now providing the total grams of carbohydrates in each food item on the monthly menus. Carbohydrate is the main nutrient in food that provides energy. One serving of a carbohydrate is 15g, according to the American Diabetes Association Carbohydrate Exchange List. Most children should eat about 45-75g of carbohydrates per meal for a balanced diet.

The grams listed next to each individual food item on this menu are based on standardized HSNS recipes, actual food labels and are dependent upon the portion served. All cafeteria staff is trained to follow the recipes as written. Occasionally, substitutions are made depending on availability of products. This may cause small discrepancies in the exact carbohydrate count of a menu item. The total carbohydrate grams will be continually monitored and updated by a Registered Dietitian.



BON SECOURS GOOD LIFE CENTER  
Bon Secours Richmond Health System

This menu has been researched by  
The RD for Bon Secours Good Life Center