

NEW-trition

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SOBEYS DIETITIANS HAVE A WORLD OF HEALTHY IDEAS FOR YOU

Shopping Tip

Read the Nutrition Facts table and choose foods with less sodium. Aim for no more than 1500-2300 mg of sodium each day.

Pork Tenderloin with Apple-Ginger Sauce

Serves 4

Ingredients:

1 tsp (5 ml)	Compliments canola oil
½ cup (125 ml)	Onion, chopped
¼ cup (60 ml)	Celery, chopped
2 tbsp (30 ml)	Gingerroot, minced
2 cloves	Garlic, chopped
to taste	Pepper, black
1 tbsp (15 ml)	Sage, chopped
2 tbsp (30 ml)	Cider vinegar
1 cup (250 ml)	Applesauce, unsweetened
¼ cup (60 ml)	Water
2 tbsp (30 ml)	Rosemary, fresh, chopped
400 g	Pork tenderloin, trimmed

Directions:

1. Heat oil and sauté onions, celery, ginger and garlic until softened.
2. Add pepper, sage and vinegar; simmer for 2 minutes. Add applesauce and water. Reduce heat to low.
3. Trim pork loin and place on roasting pan. Rub rosemary over pork.
4. Roast in 400° F oven until pork is cooked. Serve pork with sauce.

Nutrition Information per Serving

(75 g pork + ¼ cup sauce):

Calories	166
Fat	2 grams
Carbohydrate	11grams
Fibre	1 gram
Protein	22 grams
Sodium	71 milligrams

Managing High Blood Pressure

High blood pressure increases the risk of developing heart disease and stroke. Your heart works harder to pump blood through your body when blood pressure is high.

- The risk for high blood pressure increases with age.
- Ninety percent of the population will eventually get high blood pressure.
- Check your blood pressure often since most people don't have symptoms.

Taking Charge

You can help control your blood pressure by changing your lifestyle. Controlling blood pressure reduces the risk of having a heart attack and a stroke. It also lowers the risk of heart failure and kidney failure.

- Eat according to the DASH diet (Dietary Approaches to Stop Hypertension). The DASH diet is high in magnesium, potassium, calcium and fibre and lower in sodium, saturated fat and trans fat. See page two for more details.
- Cut back on sodium by limiting processed foods and removing the salt shaker from your table.
- Lose weight slowly so you'll keep it off. Weight loss can help lower your blood pressure.
- Limit alcohol since it may raise blood pressure. Alcohol also adds calories, making it even harder to lose weight.
- Check your blood pressure often. Use a machine to test your blood pressure at home. Check your blood pressure at your doctor's office or Sobey's Pharmacy if you don't have a machine.

Dietitians are available in select Sobey's stores. For more information, contact your local store.

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Fact or Fiction?

Sodium is the same thing as salt.

False

Salt is a major source of sodium, which is linked to high blood pressure. Salt is actually sodium plus chloride.

Tip: Limit sodium from all sources, not just salt added in cooking or at the table. Most salt comes from restaurant foods and some packaged or processed foods.

Reducing sodium is all you need to do to lower blood pressure.

False:

No one nutrient by itself will lower blood pressure. In addition to decreasing sodium, you should increase magnesium, potassium, calcium and fibre.

Tip: Eat a variety of foods to get enough of these nutrients.

Pharmacy Corner

Sobeys Dietitians and Pharmacists work together to improve the health of people in our communities.

Check your blood pressure using our in-pharmacy blood pressure machine. It's fast, easy and free.

Not sure what your blood pressure target numbers are?

Talk to your Sobeys PROfile Pharmacist for advice.

Do the DASH

The DASH diet looks a lot like Canada's Food Guide. The difference is more servings from certain food groups. See Canada's Food Guide to learn about serving sizes.

- Eat at least 4 servings of both vegetables and fruit every day (8 or more in total).
- Have 6-8 servings of Grain Products each day. Make half of your servings whole grain.
- Have 2-3 servings of lower fat Milk and Alternatives each day.
- Eat 2-3 servings of lean Meat and Alternatives each day.
- Include 4-5 servings of alternatives during your week (nuts, seeds, tofu or legumes).

Reduce Sodium

Salt brings out the natural flavors in food. Cut back slowly so you will develop a taste for less.

- Taste your food before adding salt or condiments such as ketchup or soy sauce.
- Use products lower in sodium or with no added salt.
- Look for canned vegetables with no salt added.
- Choose fresh meats instead of processed meats such as bacon or ham.
- Buy cheese lower in sodium such as Swiss or boccocini.
- Limit packaged noodle or rice mixes.
- Choose frozen dinners and snack foods lower in sodium.
- Limit soup, broth and bouillon cubes.
- Limit seasonings such as steak spice or marinades.
- Try herbs, spices or lemon juice to enhance the flavor of food.
- Use seasonings with no salt added such as fresh garlic or garlic powder instead of garlic salt.
- Eat restaurant foods less often.

Help Others Improve Their Health

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