

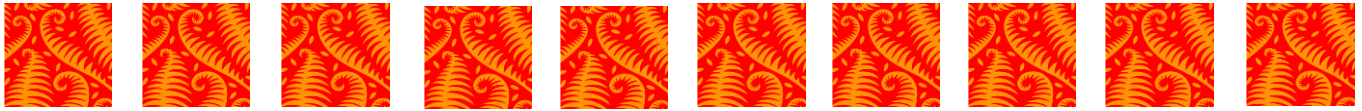
Ola Hou
I KA HULA



Heart Health Education

What's in your food?

Ha'awina 'Ekolu (Lesson 3)



Ha‘awina ‘ekolu
(Lesson three)

What’s in your food?

E komo mai!

Aloha and *mahalo* for meeting with me today for ***ha‘awina ‘ekolu*** or the third lesson of the ***Ola Hou i ka Hula Program***. Today, we will talk about your low sodium diet. Before we begin, let’s review previous lessons.

What are some common medicines for hypertension?

The main types of hypertension medicines are named below.

Which of these are you taking?

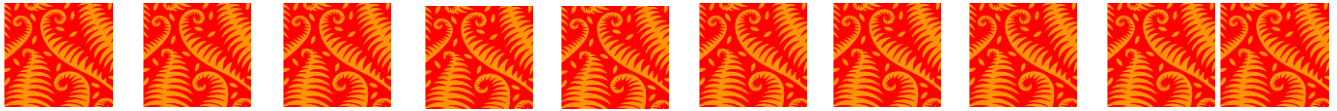
Write in the names of your medicines:

☞ ACE inhibitors:

☞ Beta-blockers:

☞ Diuretics:

☞ Other:



Ha‘awina ‘ekolu

(Lesson three)

What’s in your food?

**Do my medicines
cause side effects?**

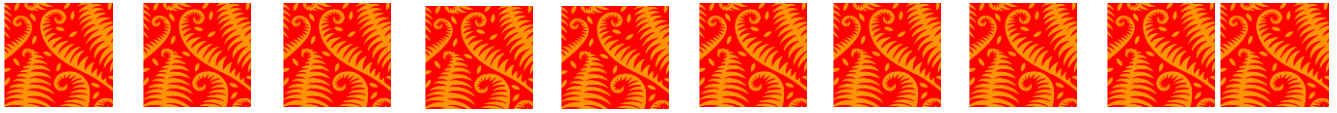
They could...some of the common side effects are:

- Dizziness
- Coughing
- Problems with blood tests
- Feeling tired
- Upset stomach

**Will the side
effects last
long?**

Most people feel better after 1 or 2 weeks of taking a new medicine. If you still feel poorly for more than 2 weeks, tell your doctor.

**How was your
‘ohana
support
person able to
help you this
week?**



Ha‘awina ‘ekolu

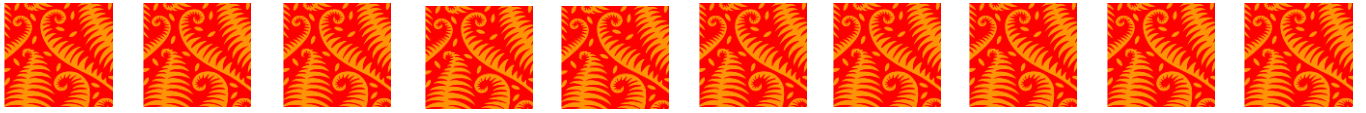
(Lesson three)

What’s in your food?



*I ka ‘ai pono ke
ola pono*

“A healthy life can be achieved by
eating right.”



Ha‘awina ‘ekolu

(Lesson three)

What’s in your food?

What is sodium and why is it important?

Today, our lesson is on how to eat a low sodium or low salt diet. Eating a low sodium diet is one of the important ways to controlling your hypertension, and staying out of the hospital.

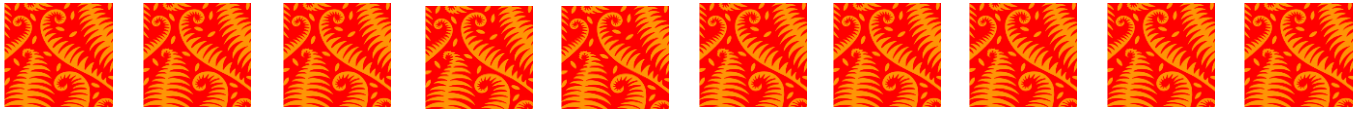
Sodium is a mineral that is important for fluid balance in our bodies.

Table salt is a combination of sodium and chloride. This is the salt we use when we cook, and put in our saltshaker. Hawaiian salt is the same as regular salt.

What is salt?

One teaspoon of salt has about 2400 mg of sodium.

Throughout the lesson, we will refer to both salt and sodium because your food labels will mostly use the word “sodium”.



Ha'awina 'ekolu

(Lesson three)

What's in your food?

How much sodium is allowed in my diet in a day?

2000 mg

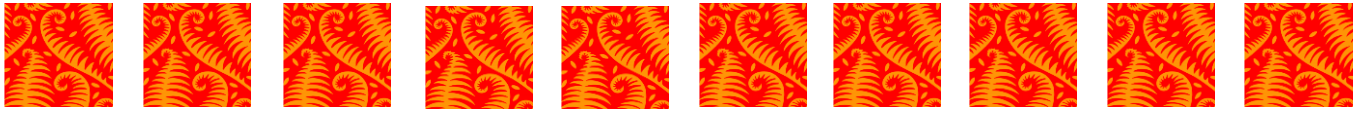
How much sodium do people in Hawai'i regularly eat?

Most local people eat about 6000 mg of sodium a day...that's too much salt.

How much sodium is allowed for people on regular diet

The recommendation is that healthy people eat no more than 2300 mg of sodium a day.

You can see how everyone, not only people with hypertension, should be eating a lot less sodium.



Ha'awina 'ekolu

(Lesson three)

What's in your food?

If I usually eat about 6000 mg of sodium a day and I need to cut back to 2000 mg...*how can I do this?*

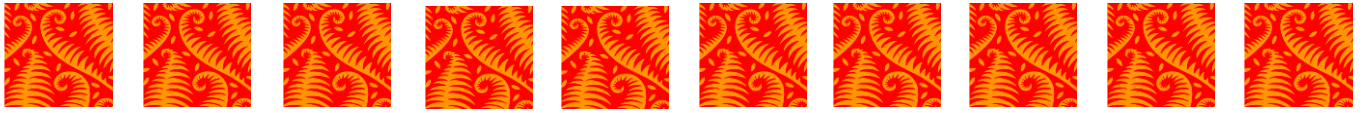
Here are 3 important ways to limit your sodium intake:

- Eat fresh foods
- Do not add salt or shoyu to your food
- Read the food labels

Will low sodium food taste good?

You may be thinking, *Auwe*, no salt means the food is not 'ono. 'Ae, it's true that salt makes food taste 'ono. The trouble is that we use too much.

At first, it may be hard to get used to. But, after eating less sodium for about 8 to 12 weeks, your taste can change, and low sodium foods will taste better to you. In fact, foods you used to eat will taste too salty.



Ha‘awina ‘ekolu

(Lesson three)

How can eating fresh foods help?

What about fast foods?

What’s in your food?

Eating fresh foods is the best way to keep your sodium intake down. Here are some examples of fresh foods:

Eat fresh vegetables and fruit:

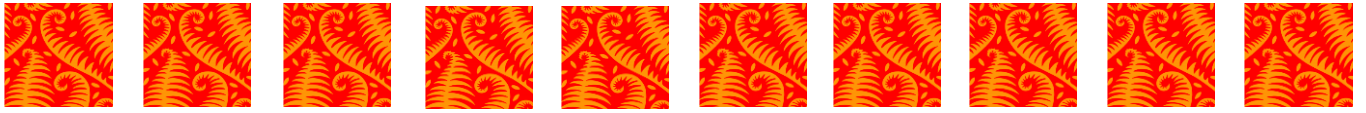
- ☒ apple (0 mg of sodium)
- ☒ banana (1 mg of sodium)
- ☒ ½ cup kalo (10 mg of sodium)
- ☒ 1 sweet potato (11 mg of sodium)

Fresh meats are naturally low in sodium:

- ☒ 3.5 ounces hamburger (71 mg of sodium)
- ☒ 1 chicken thigh (52 mg of sodium)
- ☒ 3 ounces yellow fin tuna (40 mg of sodium)

Most fast foods have way too much sodium

- cheeseburger (787 mg of sodium)
- fish sandwich (663 mg of sodium)
- chicken salad (2063 mg of sodium)



Ha‘awina ‘ekolu

(Lesson three)

What’s in your food?

What about canned foods?

There are many low sodium versions of canned foods. We will go over this in the label reading part of this lesson.

For the most part, canned foods, especially meats, entrees (stews, chili) and soups are very high in sodium. Here are some examples:

- 3 ounces canned tuna (321 mg sodium)
- 3 pieces Vienna sausage (420 mg sodium)
- 2 ounces corned beef (490 mg sodium)
- 1 cup chicken noodle soup (850 mg sodium)

What are processed foods?

You may have been told to eat less processed foods. Any food that has undergone a process, such as freezing, canning, drying, or enriching is a processed food. Salt plays an important role in processing.

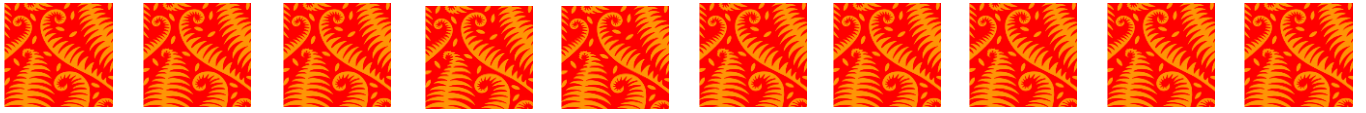
Salt is added to foods because it:

Helps to keep harmful bacteria from growing

Preserves food

Adds flavor

About 77% of the sodium we eat is from processed foods.

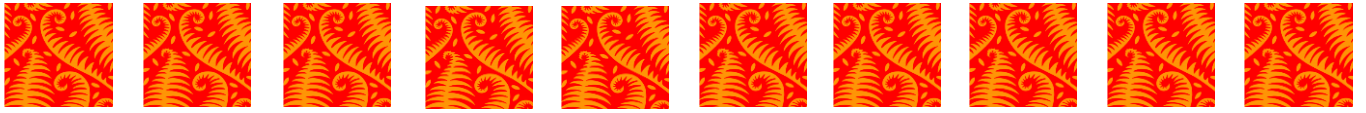


Ha‘awina ‘ekolu

(Lesson three)

What are some ways to eat less salt?

- ☒ Take the salt shaker and shoyu bottle off your dining table.
- ☒ When preparing food, do not add salt or shoyu.
- ☒ Patis (fish sauce) and oyster sauce are high in sodium, so avoid these when cooking.
- ☒ Flavoring and sauces are usually high in sodium, so be sure to check the food label.
- ☒ Start by using half the amount of salty seasoning that you typically use. For example, if you are making saimin, use half the packet of seasoning. Also, if you need to use shoyu, mix 1/2 water and 1/2 shoyu.

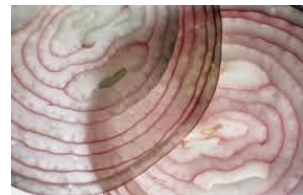


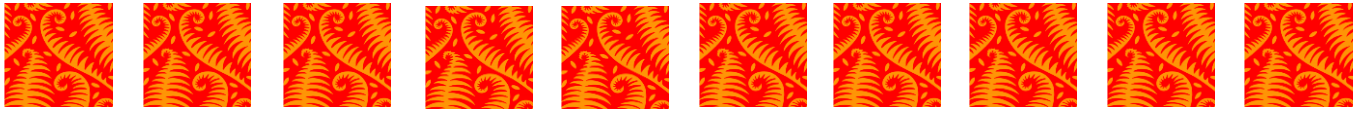
Ha'awina 'ekolu

(Lesson three)

What can I use in place of salt to make food 'ono?

- ☑ Use fresh or powdered garlic and ginger (not garlic salt or onion salt).
- ☑ Use fresh herbs like Chinese parsley, basil, chives, rosemary and dill – experiment to find the ones you like.
- ☑ Use lemongrass, kaffir lime leaves, and other ingredients used in Thai and Vietnamese cooking.
- ☑ Use fresh lemon and lime on veggies, fruit, and in marinades.
- ☑ Marinate meats in onion, garlic, ginger, and lemon or lime, plus a little oil.
- ☑ Look for low sodium dressings, which can also be used as marinades.





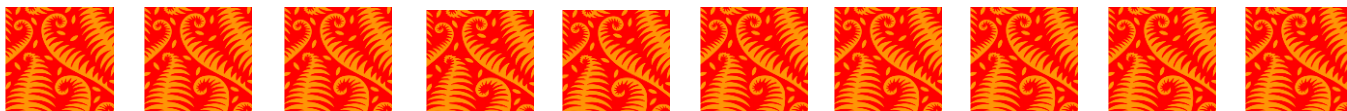
Ha‘awina ‘ekolu
(Lesson three)

What’s in your food?



***He ‘ai ho‘olulu
kekahi, he
‘ainoa kekahi***

“Not all foods are fit for
an offering”



Ha‘awina ‘ekolu

(Lesson three)

What’s in your food?

Why is learning to read food labels important?

Nutrition Facts	
Per 1 tablespoon (15 g)	
Amount	% Daily Value
Calories 100	
Fat 8 g	12 %
Saturated 1 g + Trans 1 g	10 %
Cholesterol 0 mg	
Sodium 76 mg	3 %
Carbohydrate 3 g	1 %
Fibre 2 g	8 %
Sugars 0 g	
Protein 4 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 1 %	Iron 0 %

What are some terms I will see on food labels and what do they mean?

Reading food labels will help you to choose low sodium foods.

Some processed foods can fit into your 2000 mg a day “budget”, but...as a rule,

- ☒ frozen meals and snack foods will need to be avoided.
- ☒ Canned vegetables, instant hot cereals, and even baked goods labels should be read.

Here are some terms you might see on food labels and what they mean:

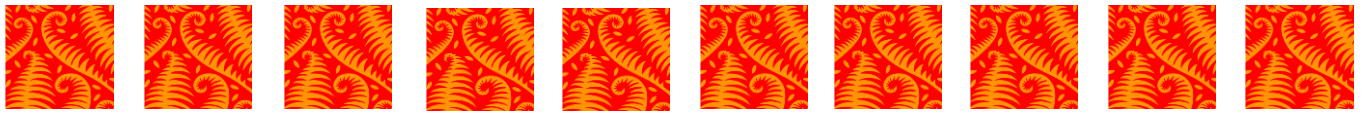
Sodium free: Less than 5 mg of sodium per serving

Very low sodium: 35 mg or less per serving

Low sodium: 140 mg or less per serving

Reduced sodium: At least 25% less sodium compared to the original food.

Unsalted/No Added Salt: No salt is added during processing, but may contain a different type of sodium like monosodium glutamate, msg.



Ha'awina 'ekolu

(Lesson three)

What's in your food?

Reading a Food Label for Sodium Content

Let's review the
serving size and
sodium content

What is the
serving size?

What is the
sodium content
for one serving?

Example: Whole Wheat Pancake Mix

Nutrition Facts

Serving Size 1/2 cup mix (Amount for 3, 4" pancakes)

Servings per container 10

Calories 230

Calories from Fat 20

% Daily Value

Total Fat 2 g

3%

Saturated Fat 0.5 g

0.5 %

Cholesterol 5 mg

2 %

Sodium 540 mg

23 %

Total Carbohydrate 44 g

15%

Dietary Fiber 4 g

16%

Sugars 7 g

Protein 9 g

Vitamin A 0%

Vitamin C 0%

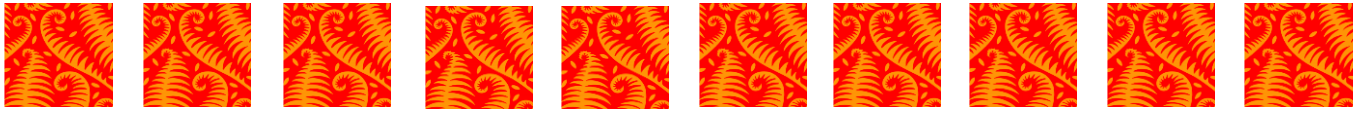
Calcium 2%

Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

Calories: 2,000 2,500

Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g



Ha‘awina ‘ekolu

(Lesson three)

What’s in your food?

**What other
information can I
find on the food
label?**

The food labels also tell you what is in the product.

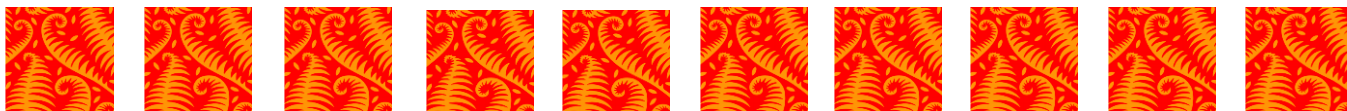
**What can I learn
from the ingredients?**

The first thing listed is the food that is present in the largest amount. Ingredients are listed from highest to lowest amounts.

**What is in the
Whole Wheat
Pancake Mix?**

Ingredients: Whole wheat flour, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folate) soy flour, sugar, leavening (**sodium bicarbonate, sodium aluminum phosphate,** aluminum sulfate, monocalcium phosphate), dextrose, canola oil or soybean oil, **salt**, honey, eggs, high fructose corn syrup.

Baked goods contain baking soda and/or baking powder. These items have sodium in them as shown above in the ingredient list. The mix also contains regular salt.



Ha'awina 'ekolu

(Lesson three)

What's in your food?

Let's look at
another label

Review the serving
size and sodium
content:

What is the serving
size?

Can you see the
sodium in the
ingredients?

Is this a processed
food?

Example: Instant Noodle Soup

Nutrition Facts

Serving Size 1 container (64 g)

Amount Per Serving

Calories 300

Calories from Fat 120

% Daily Value

Total Fat 13 g 20 %

Saturated Fat 7 g 35 %

Cholesterol 0 mg 0 %

Sodium 1110 mg 46 %

Total Carbohydrate 38 g 13 %

Dietary Fiber 2 g 7 %

Sugars 2 g

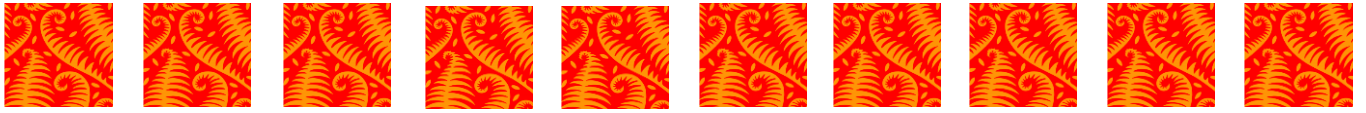
Protein 7 g

Vitamin D 6 % Vitamin C 0 %

Calcium 0 % Iron 25 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

Ingredients: Enriched flour (Wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable oil (contains one or more of the following: canola oil, cottonseed oil, palm oil, rice oil), dehydrated vegetables (corn, carrot, green pea), **salt**, textured soy protein, hydrolyzed soy, corn and wheat protein, onion powder, **monosodium glutamate**, caramel color, garlic powder, autolyzed yeast extract, potassium carbonate, **sodium carbonate**, **sodium tripolyphosphate**, **disodium guanylate**, **disodium inosinate**, **sodium alginate**, natural flavors, tocopherols, soy sauce powder (wheat, soybeans, maltodextrin, **salt**), beef powder, hydrolyzed wheat gluten, sugar, T-BHQ)



Ha‘awina ‘ekolu

(Lesson three)

What’s in your food?

**Let’s look at a can of
Corned Beef Hash**

Example: Corned Beef Hash

**What is the
serving size?**

Nutrition Facts

Serving Size 1 cup
Servings per container 2

Amount Per Serving

Calories 500

Calories from Fat 300

% Daily Value

Total Fat 35 g

54 %

Saturated Fat 16 g

80 %

Cholesterol 75 mg

25 %

**What is the sodium
content for one
serving?**

Sodium **1000 mg**

42 %

Total Carbohydrate 24 g

8 %

Dietary Fiber 8 g

32 %

Sugars 3 g

Protein 20 g

Vitamin A 0 %

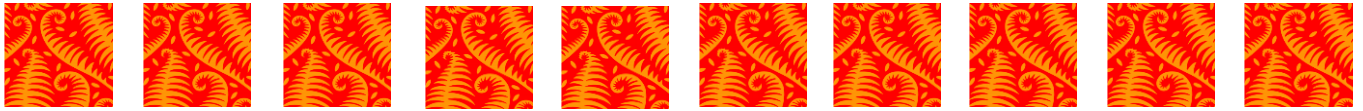
Vitamin C 2%

Calcium 4 %

Iron 10 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Ingredients: Water, beef, cooked corned beef, dehydrated potatoes, contains 2% or less of **salt**, flavoring, sugar, spice, **sodium nitrite**.



Ha‘awina ‘ekolu

(Lesson three)

Let's Practice!

**What is the
serving size?**

**If you eat 1 cup, how
much sodium will
you be eating?**

**Is this considered a
low sodium food?**

What's in your food?

Example: Pineapple Chunks

Nutrition Facts

Serving Size 1/2 cup

Servings per container 2.5

Amount Per Serving

Calories 70

Calories from Fat 0

% Daily Value

Total Fat 0 g 0 %

Saturated Fat 0 g 0 %

Cholesterol 0 mg 0 %

Sodium 10 mg 0 %

Total Carbohydrate 17 g 6 %

Dietary Fiber 1 g 4 %

Sugars 15 g

Protein <1 g

Vitamin A 0 %

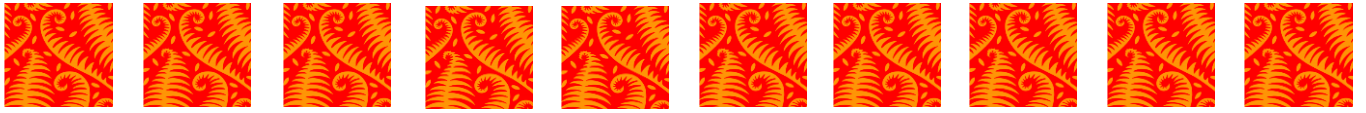
Vitamin C 20 %

Calcium 4 %

Iron 2 %

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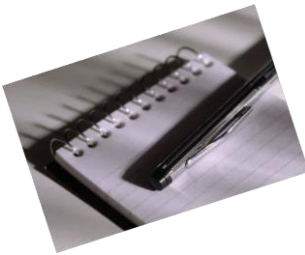
Ingredients: Pineapple, pineapple juice



Ha'awina 'ekolu

(Lesson three)

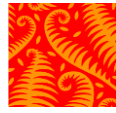
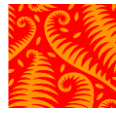
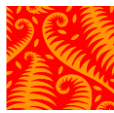
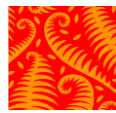
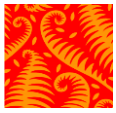
Do you have any helpful hints on lowering the sodium in my diet?



What's in your food?

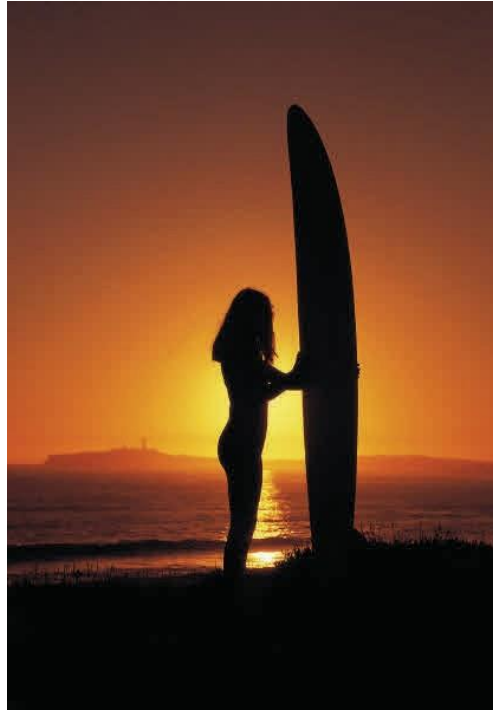
Here are some ways you can start lowering the sodium in your diet.

- ☞ Make changes slowly
- ☞ Use a low sodium cookbook
- ☞ Make changes to your favorite recipes to be lower in salt
- ☞ Keep a list of foods to stay away from, and foods that are OK to eat on your refrigerator door
- ☞ When choosing your main course item, it should contain no more than 500 mg of sodium
- ☞ Make a list of the foods you eat for a few days and record how much sodium is in these foods.



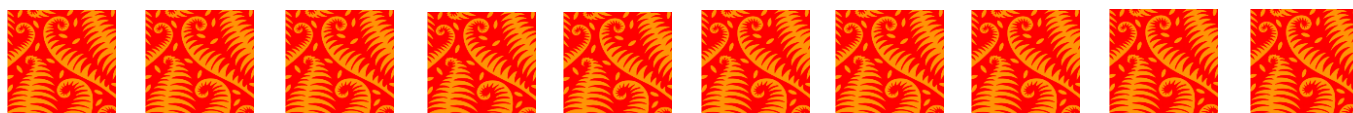
Ha'awina 'ekolu

Low Sodium Diet



Ho'oma'ama'a a pa'a i ka mana'o

“Practice until it is firm in one's thoughts”



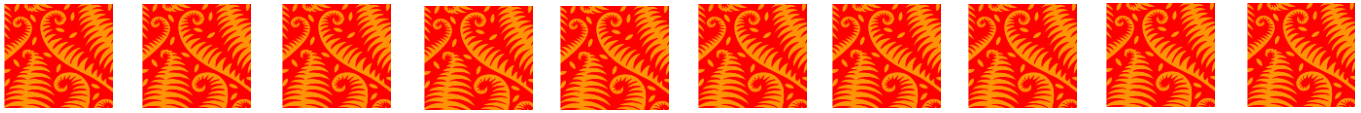
Ha‘awina ‘ekolu
(Lesson 3)

Low Sodium Diet:
Sodium Diary

Daily Food & Sodium Tracker Example

DATE: _____

Amount	Food Description	Sodium (mg)
1/2	Papaya	4
2 slices	Whole wheat toast	318
2 teaspoon	Margarine	76
1 slice	Bacon	100
1	Hard-boiled egg	63
1 cup	Skim milk	148
2 cups	Coffee	10
1	Banana	2
1/2 cup	Diet jello	26
2 cups	Green leaf lettuce	32
3 ounces	Roasted chicken breast	64
6	Cherry tomatoes	6
6	Slices cucumber	1
1 tablespoon	Low calorie Russian dressing	141
1 cup	Sweet potato	53
1	Orange	3
1 cup	Rice	2
2 spears	Broccoli	30
1 ear	Corn on the cob (frozen)	3
6 ounces	Yellowfin tuna	80
1	French dinner roll	230
1 ounce	Dry roasted peanuts (no salt)	2
Total		1453



(Put your name here)

Low Sodium Diet Action Plan for the Week

Goal: Daily checking of _____

Step 4: I may have trouble

because _____

so I will _____

Step 3: I will need _____

_____.

Step 2: (When & How)

_____.

Step 1: I will _____

_____.

