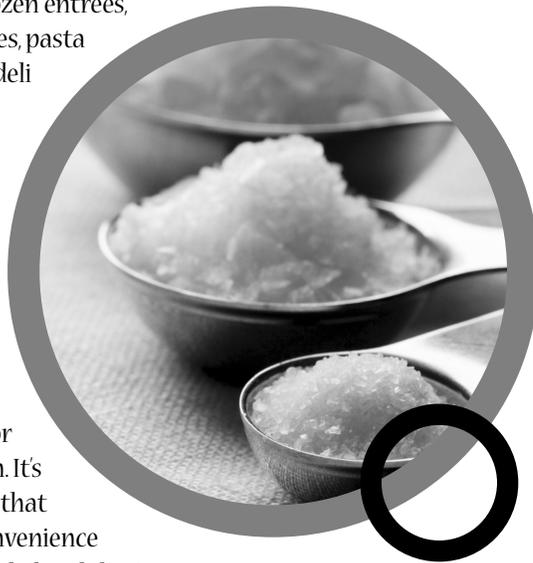


Health Awareness – Undercover Salt: Watch out for hidden sodium in your diet

You're all well aware of the health dangers, like high blood pressure, of having too much salt in our diet, and many of you have learned to forego the salt shaker in the kitchen and at the table. It's a popular refrain, "I never add salt to my food." That's a good step in the right direction ... not adding extra salt is an important way of managing salt intake.

But what you may not realize is how much salt is already added to the prepared foods you buy. Over 80% of Canada's dietary sodium is added before the food even gets to your kitchen – processed foods, from soup to pizza, frozen entrees, seasoned raw meats, frozen hors d'oeuvres, pasta sauces, frozen baked potatoes, sausages, deli meats, pickles, snacks, and more. It's hard to find a store aisle or drive-thru that isn't laden with risky amounts of added sodium.



On average, every Canadian currently consumes about 3500 milligrams of salt per day, **approximately twice** the healthy daily adult allowance recommended by Health Canada. (1200 to 1500 milligrams per day is "adequate" for adults, less than one measuring teaspoon. It's even less for children.) It's hard to believe that just one serving of pizza, or any other convenience food, can easily push you up and over the daily salt limit.

Less-salt solutions? Adapting to a diet with less salt requires stubborn determination especially if you've got a taste for the appealing flavors that salt offers. However, give yourself time ... gradually you'll learn to like foods without that sneaky hidden sodium in your diet.

- Eat more fresh foods, especially fruits and vegetables.
- Rinse canned foods, like beans, with water before using. Also rinse frozen veggies, uncoated shrimp and fish.
- Use less or no salt in the kitchen or at the table.
- Be aware and reduce consumption of cheeses, dips, soups, sauces, deli meats, pickles, olives, packaged rice and pasta mixes, snacks (chips, crackers, nuts, etc).
- Limit intake of fast-food and other processed convenience foods.
- Learn to read nutrition labels, which, by law, must show sodium content.

Source: CPJ Vol 141 No 1 Jan-Feb 08 & Blood Pressure Canada

HEALTH DATE: May 15 – United Nations Annual International Day of Families
2008 recognizes the important role of fathers in their families, and the responsibilities and challenges they face

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Healthy Living

Restful Retreat Bedrooms

If spring has you re-feathering your nest, here are some tips for creating a peaceful master retreat. A restful bedroom is essential to restorative



sleep and your overall health.

Start with an inspiration picture, like a photo of your favorite hotel room

or B&B. Find ideas that both you and your spouse like – designing a special master suite together is a fun way to learn about each other.

Draw a scale plan of your space including room measurements and location of vents, heaters, outlets, windows, doors, etc.

Escape the world – make sure your draperies darken the room. Traffic or neighbor noise at night? If new windows aren't an option, run a fan to create white sound. Make sure you have adequate wardrobe storage. Remember, no computers or office work allowed in your bedroom.

Add character: check out local recycled furniture sources. Show them your inspiration picture and room plan. They'll know the perfect pieces for your haven.

Allergy-free from floor to ceiling. Start with solid wood or linseed-based linoleum. Use washable linens, rugs and drapes. Many mattresses are available, too.

Choose soft colors. Ask for help at the local paint and decorating stores. Tranquil lighting is essential to completing your color scheme.

Finally, some special touches: a beautiful vase of fresh foliage, a few favorite books, a cozy blanket. Less is more – resist the urge to over-accessorize. Suite dreams!

Healthy Eating – Roasted Spring Asparagus

Plentiful now in the supermarkets and soon in our local gardens, asparagus are a sure sign of spring. Here's a change from classic steamed asparagus – try them roasted: it's simple, healthy, and delicious. You can easily multiply this recipe to serve more guests – just make sure your roasting tray is large enough.

1 bunch (approx 1 pound) of asparagus

2 teaspoons olive oil

1/8 teaspoon sea salt (optional)

1/8 teaspoon black pepper (here's a tasty way of using freshly ground black pepper to add flavor in place of salt)

1/4 cup freshly grated parmesan cheese (packed in to measure cup)

1 teaspoon fresh lemon juice

Preheat oven to 450°F. Line a cookie sheet with parchment paper. Set aside.

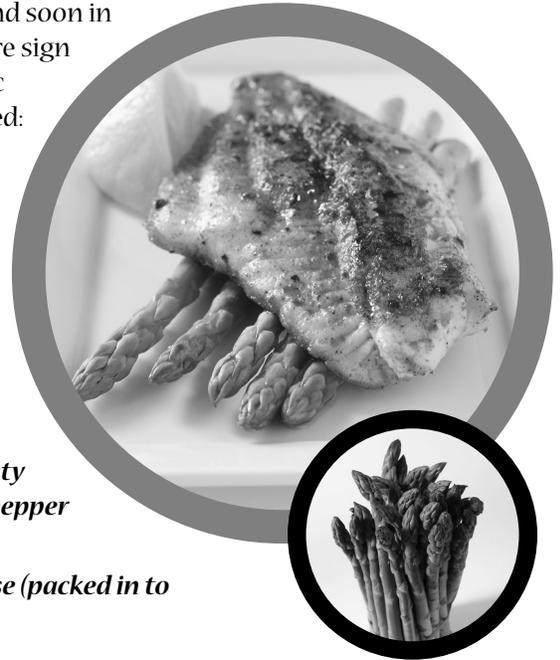
Rinse asparagus and drain well. Snap off and discard the woody stems (Hold the stalk end and bend 'til it snaps off. Trim with knife if you like even ends.)

Arrange the asparagus (tips pointing one direction) on cookie sheet. Drizzle with olive oil, then sprinkle with salt, pepper, and cheese. Gently roll the asparagus in the parchment to spread the oil-seasoning mixture over each stem. Put the parchment back on the cookie sheet, ensuring that the asparagus are aligned in one even layer. Place in preheated oven and roast for about 10 minutes, until asparagus are crisp tender and cheese is crisp. Do not overcook.

Serve hot, warm, or cool. Sprinkle with a dash of lemon juice before serving.

Options: substitute a splash of mild balsamic for lemon juice.

Health Hint: if your garden offers up a combination of thick and thin asparagus stems, trim as described above, then slice the thicker stems lengthwise, up to about the halfway point, making a V-shape. Now they'll cook more evenly.



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