

# FOOD AND FITNESS

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**WEST VIRGINIA BUREAU OF SENIOR SERVICES**

## How Does Salt Affect Blood Pressure?

High blood pressure is one of the most common medical diagnoses. Blood pressure is defined as, “the pressure of the blood in the circulatory systems, often measured for diagnosis since it is closely related to the force and rate of the heartbeat and the diameter and elasticity of the arterial walls.”



Many things can cause a risk for high blood pressure; family history, age, and race are risk factors that cannot be controlled. On the other hand, risk factors that can be controlled are physical activity level, being overweight or obese, diet, smoking/tobacco usage, and stress levels. With diet being a controllable risk factor, salt or sodium is one portion to focus on. The bad thing is, salt is just about everywhere.

The Cleveland Clinic states that when eating too much salt (sodium) the body wants to hold on to the water in order to “wash” the salt out of from your body. In some, this causes a rise in blood pressure. Essentially, the more salt, the more water. The additional water creates stress on the heart and on the vessels.

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## How Does Salt Affect Blood Pressure?

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Decreasing the amount of salt can be a hard task. The Dietary Approach to Stop Hypertension (DASH) diet outlines (for its standard diet) allowing up to 2,300 milligrams of sodium per day. While the lower sodium DASH diet requires less than 1,500 milligrams of sodium per day. Choosing whole grains, fruits and vegetables, fat-free or low-fat milk products, fish and poultry, beans, seeds and nuts, is considered a general healthy diet.

Salt is in many foods that we eat. It is used for preserving and for increasing the flavor profile, making it virtually impossible to avoid. For instance, one half cup of canned greens beans contains about 300 milligrams of sodium. A standard size can of green beans (14.5 oz) contains 3.5 servings. Meaning that one can of green beans contains more than 1,000 milligrams of sodium. Choosing the no salt added, fresh, or frozen green beans is a better choice.

There are many ways to reduce the amount of sodium intake. The basic rule is to try to avoid foods that are pre-made, canned, boxed and bagged. If the food label has sodium that contains more than 20% of the Daily Value, these foods are considered “high sodium.” Gradual changes are ones that can make the most impact. Adding fresh fruits and vegetables while removing items that are highest in sodium, might be a good start for you.



## Blood Pressure Categories

| BLOOD PRESSURE CATEGORY  | SYSTOLIC mm Hg<br>(upper number) |               | DIASTOLIC mm Hg<br>(lower number) |
|--|----------------------------------|---------------|-----------------------------------|
| <b>NORMAL</b>  | <b>LESS THAN 120</b>             | <b>and</b>    | <b>LESS THAN 80</b>               |
| <b>ELEVATED</b>  | <b>120 – 129</b>                 | <b>and</b>    | <b>LESS THAN 80</b>               |
| <b>HIGH BLOOD PRESSURE<br/>(HYPERTENSION) STAGE 1</b>            | <b>130 – 139</b>                 | <b>or</b>     | <b>80 – 89</b>                    |
| <b>HIGH BLOOD PRESSURE<br/>(HYPERTENSION) STAGE 2</b>            | <b>140 OR HIGHER</b>             | <b>or</b>     | <b>90 OR HIGHER</b>               |
| <b>HYPERTENSIVE CRISIS<br/>(consult your doctor immediately)</b> | <b>HIGHER THAN 180</b>           | <b>and/or</b> | <b>HIGHER THAN 120</b>            |

# DID YOU KNOW?

**These six popular foods can add high levels of sodium to your diet.**

As part of a healthy dietary pattern that emphasizes the intake of vegetables, fruits, nuts, whole grains, lean vegetable or animal protein, and fish and minimizes the intake of trans fats, red meat and processed red meats, refined carbohydrates, and sugary drinks, the American Heart Association recommends 2,300 milligrams (mgs) or less a day of sodium.\*



**Daily suggested sodium referenced below is based on 2,300 mgs/day recommendation:**



## BREADS & ROLLS

Some foods that you might eat throughout the day, such as bread, can add up to a lot of sodium even though each serving may not seem high in sodium.

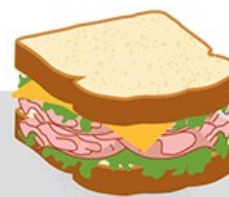
**1**



## PIZZA

A slice pepperoni pizza can contain almost a third of your daily recommended dietary sodium. Try swapping in veggies to your next slice.

**2**



## SANDWICHES

A sandwich or burger from a fast food restaurant can contain more than 100 percent of your daily suggested dietary sodium. Try half a sandwich with a side salad instead.

**3**



## COLD CUTS & CURED MEATS

One 2 oz. serving, or 6 thin slices, of deli meat can contain as much as a third of your daily recommended dietary sodium. Build a sandwich with fresh vegetables such as lettuce, tomatoes, avocados, and bell peppers.

**4**



## SOUP

Sodium in one cup of canned soup of the same variety can range from 49 to 830 milligrams — more than a third of your daily recommended intake. Check the labels to find lower sodium varieties.

**5**



## BURRITOS & TACOS

Taco toppings and burrito fillings can pack a big sodium punch. Choose burritos and tacos that are full of veggies and lean sources of protein.

**6**



Compare labels whenever possible and choose options with the lower amounts of added sugars, sodium and saturated fat and no trans fat and look out for the Heart-Check mark, a simple tool to help you eat smart. When you see it, you can be confident that a product aligns with the American Heart Association's recommendations for an overall healthy eating pattern, including sodium.

\*Also, remember serving size makes a difference. Eating double the serving size means you are eating double the sodium. 1,500 mg/d for those who are sensitive to sodium and /or at high risk for hypertension.



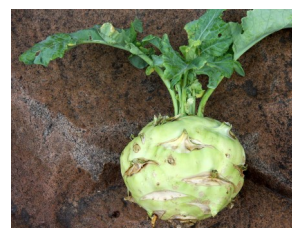
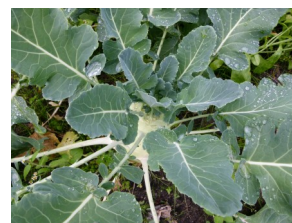
## VEGETABLE—KOHLRABI

Kohlrabi is a vegetable that is in the same family as broccoli and cabbage. The kohlrabi is also known as a German or cabbage turnip. The kohlrabi is a bulb with leaves that come out from its sides. Kohlrabi can be white, green, or purple in color. Since it is a bulb, most would think that it is a root vegetable but it actually grows on top of the ground.

Kohlrabi has a similar flavor profile to raw cabbage. It has a mild but slightly spicy hint like a radish. The amount of spice the kohlrabi has depends on the size of the bulb. The smaller the bulb the milder and crisper the texture.

Kohlrabi can be eaten both cooked or raw. The kohlrabi has a mild flavor and is usually eaten in soups and salads. The bulb, leaves, and stems of the kohlrabi are all edible. The bulb when cooked takes on a flavor that is similar to cooked broccoli stems. The bulb “portion does need to be peeled in order to eat it. As for the leaves and stems of the kohlrabi, they have a similar flavor to collard greens or Swiss chard. There are many ways you can prepare this vegetable. Some of the most common methods are cubed, sliced, diced, steamed, roasted, and sautéed.

The kohlrabi can be found all year long. Even though the kohlrabi is not as popular of a choice as some of the other vegetables, it is one that could easily be enjoyed.



### Caloric Ratio Pyramid [What is this?](#)

Caloric Ratio Pyramid for Kohlrabi, raw

This feature requires Flash player to be installed in your browser. [Download the player here.](#)

|       |      |         |
|-------|------|---------|
| 82%   | 3%   | 15%     |
| Carbs | Fats | Protein |



### NutritionData's Opinion

[What is this?](#)

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★☆☆☆☆

**The good:** This food is very low in Saturated Fat and Cholesterol. It is also a good source of Thiamin, Folate, Magnesium and Phosphorus, and a very good source of Dietary Fiber, Vitamin C, Vitamin B6, Potassium, Copper and Manganese.

**The bad:** A large portion of the calories in this food come from sugars.



## Kohlrabi, raw

Serving size: 1 cup (135g) ▼



### NUTRITION INFORMATION

Amounts per 1 cup (135g)

#### Calorie Information

| Amounts Per Selected Serving |               | %DV |
|------------------------------|---------------|-----|
| Calories                     | 36.5 (153 kJ) | 2%  |
| From Carbohydrate            | 29.7 (124 kJ) |     |
| From Fat                     | 1.1 (4.6 kJ)  |     |
| From Protein                 | 5.6 (23.4 kJ) |     |
| From Alcohol                 | 0.0 (0.0 kJ)  |     |

#### Protein & Amino Acids

| Amounts Per Selected Serving |       | %DV |
|------------------------------|-------|-----|
| Protein                      | 2.3 g | 5%  |

[More details ▼](#)

#### Vitamins

| Amounts Per Selected Serving |          | %DV  |
|------------------------------|----------|------|
| Vitamin A                    | 48.6 IU  | 1%   |
| Vitamin C                    | 83.7 mg  | 140% |
| Vitamin D                    | ~        | ~    |
| Vitamin E (Alpha Tocopherol) | 0.6 mg   | 3%   |
| Vitamin K                    | 0.1 mcg  | 0%   |
| Thiamin                      | 0.1 mg   | 5%   |
| Riboflavin                   | 0.0 mg   | 2%   |
| Niacin                       | 0.5 mg   | 3%   |
| Vitamin B6                   | 0.2 mg   | 10%  |
| Folate                       | 21.6 mcg | 5%   |
| Vitamin B12                  | 0.0 mcg  | 0%   |
| Pantothenic Acid             | 0.2 mg   | 2%   |
| Choline                      | 16.6 mg  |      |
| Betaine                      | ~        |      |

[More details ▼](#)

#### Carbohydrates

| Amounts Per Selected Serving |       | %DV |
|------------------------------|-------|-----|
| Total Carbohydrate           | 8.4 g | 3%  |
| Dietary Fiber                | 4.9 g | 19% |
| Starch                       | 0.0 g |     |
| Sugars                       | 3.5 g |     |

[More details ▼](#)

#### Fats & Fatty Acids

| Amounts Per Selected Serving      |         | %DV |
|-----------------------------------|---------|-----|
| Total Fat                         | 0.1 g   | 0%  |
| Saturated Fat                     | 0.0 g   | 0%  |
| Monounsaturated Fat               | 0.0 g   |     |
| Polyunsaturated Fat               | 0.1 g   |     |
| Total trans fatty acids           | ~       |     |
| Total trans-monoenoic fatty acids | ~       |     |
| Total trans-polyenoic fatty acids | ~       |     |
| Total Omega-3 fatty acids         | 35.1 mg |     |
| Total Omega-6 fatty acids         | 27.0 mg |     |

[Learn more about these fatty acids and their equivalent names](#)

[More details ▼](#)

#### Minerals

| Amounts Per Selected Serving |         | %DV |
|------------------------------|---------|-----|
| Calcium                      | 32.4 mg | 3%  |
| Iron                         | 0.5 mg  | 3%  |
| Magnesium                    | 25.6 mg | 6%  |
| Phosphorus                   | 62.1 mg | 6%  |
| Potassium                    | 473 mg  | 14% |
| Sodium                       | 27.0 mg | 1%  |
| Zinc                         | 0.0 mg  | 0%  |
| Copper                       | 0.2 mg  | 9%  |
| Manganese                    | 0.2 mg  | 9%  |
| Selenium                     | 0.9 mcg | 1%  |
| Fluoride                     | ~       |     |

## Recipe– Roasted Kohlrabi with Parmesan

### Ingredients

- ◆ 6 kohlrabi
- ◆ 2 tablespoons olive oil
- ◆ 3/4 teaspoons salt
- ◆ Pinch of cayenne (optional)
- ◆ 3 tablespoons parmesan cheese
- ◆ 1 tablespoon chopped parsley



### Directions

1. Peel 6 kohlrabi and cut into 1-inch wedges.
2. Toss with 2 tablespoons olive oil, 3/4 teaspoon kosher salt and a pinch of cayenne on a rimmed baking sheet.
3. Roast at 450 degrees F, stirring every 10 minutes, until tender and golden, about 30 minutes.
4. Toss with 3 tablespoons parmesan and 1 tablespoon chopped parsley.
5. Serve and enjoy!

## Brain Exercise

Don't Just Exercise Your Body, Workout Your Brain!

# Birthstones

**DIRECTIONS:** Find and circle the months and birthstones in the grid. Look for the words in all directions including backwards and diagonally.



|          |   |            |
|----------|---|------------|
| January  |  | Garnet     |
| February |  | Amethyst   |
| March    |  | Aquamarine |
| April    |  | Diamond    |
| May      |  | Emerald    |
| June     |  | Pearl      |

|           |   |           |
|-----------|---|-----------|
| July      |  | Ruby      |
| August    |  | Peridot   |
| September |  | Sapphire  |
| October   |  | Opal      |
| November  |  | Topaz     |
| December  |  | Turquoise |



# MAY 2021



| Sun                           | Mon                          | Tue                             | Wed                                   | Thu                         | Fri                            | Sat                                |
|-------------------------------|------------------------------|---------------------------------|---------------------------------------|-----------------------------|--------------------------------|------------------------------------|
|                               |                              |                                 |                                       |                             |                                | 1<br>National Fitness Day          |
| 2<br>Brothers and Sisters Day | 3<br>Garden Meditation Day   | 4<br>Star Wars Day              | 5<br>Cinco de Mayo                    | 6<br>Beverage Day           | 7<br>National Tourism Day      | 8<br>Military Spouses Day          |
| 9<br>Mother's Day             | 10<br>Clean Up Your Room Day | 11<br>Eat What You Want Day     | 12<br>National Receptionist Day       | 13<br>Leprechaun Day        | 14<br>Dance Like a Chicken Day | 15<br>National Chocolate Chip Day  |
| 16<br>Love a Tree Day         | 17<br>Pack Rat Day           | 18<br>No Dirty Dishes Day       | 19 World Plant a Vegetable Garden Day | 20<br>Pick Strawberries Day | 21<br>National Meno Day        | 22<br>Buy a Musical Instrument Day |
| 23 World Turtle Day           | 24 Victoria Day              | 25<br>National Brown Bag It Day | 26<br>World Otter Day                 | 27<br>Sun Screen Day        | 28<br>National Hamburger Day   | 29<br>Learn About Composting Day   |
| 30 Mint Julep Day             | 31 Memorial Day              |                                 |                                       |                             |                                |                                    |

## May Monthly Observances

- Date Your Mate Month
- Foster Care Month
- Gifts from the Garden Month
- Lupus Awareness Month
- National Barbecue Month
- National Bike Month
- National Blood Pressure Month
- National Hamburger Month
- National Salad Month
- Older Americans Month



Health Motivator Tips

May

# Tips for Magnesium Health

By Ami Cook, WVU Extension Agent – Braxton and Clay Counties



**Monthly Challenge:** Magnesium plays a role in many aspects of your health – including bone health. This month, let's strengthen our bones by getting enough magnesium in our diets and participating in physical activity. Weight-bearing exercises (walking, hiking, jogging, climbing stairs, playing tennis, dancing) and resistance exercises (using resistance bands) are the best for your bones.

## Health Motivator Talking Points

- Muscles need magnesium to contract. Nerves need it to send and receive messages.
- It keeps your heart beating steady and your immune system and bones strong.
- Good sources of magnesium include green leafy vegetables, wheat bread, brown rice, beans, nuts, milk, yogurt, oatmeal, bananas, salmon, poultry, white potatoes with the skin, raisins and dark chocolate.
- Talk to your doctor if you are concerned about your magnesium levels.
- Some groups are more at risk for magnesium deficiency. Risk factors include old age, alcohol abuse, Type 2 diabetes and conditions that lead to malabsorption (Crohn's disease, ulcerative colitis, celiac disease).
- Signs of deficiency include fatigue, weakness, poor appetite, nausea, vomiting, numbness or tingling in the skin, muscle cramps, seizures and abnormal heart rate.



### Chuckle of the Month:

I had a dream last night that I had a Magnesium deficiency . . . I thought "0 Mg!"

### Quick Club Activity:

Form a circle with your members. Start with the tallest member. That person does their favorite dance move, and everyone repeats the move. The person to the left goes next. They do their favorite dance move. Everyone repeats each move they have already done, plus adding on the new dance move. Keep going to the left until everyone has done their favorite dance move. For large groups, you may want to break into smaller groups of 10 or less to save time.

## Learn More

[ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/](https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/)  
[health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/](https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/)

<https://www.health.harvard.edu/staying-healthy/what-you-should-know-about-magnesium2>

[www.hsph.harvard.edu/nutritionsource/magnesium/](http://www.hsph.harvard.edu/nutritionsource/magnesium/)



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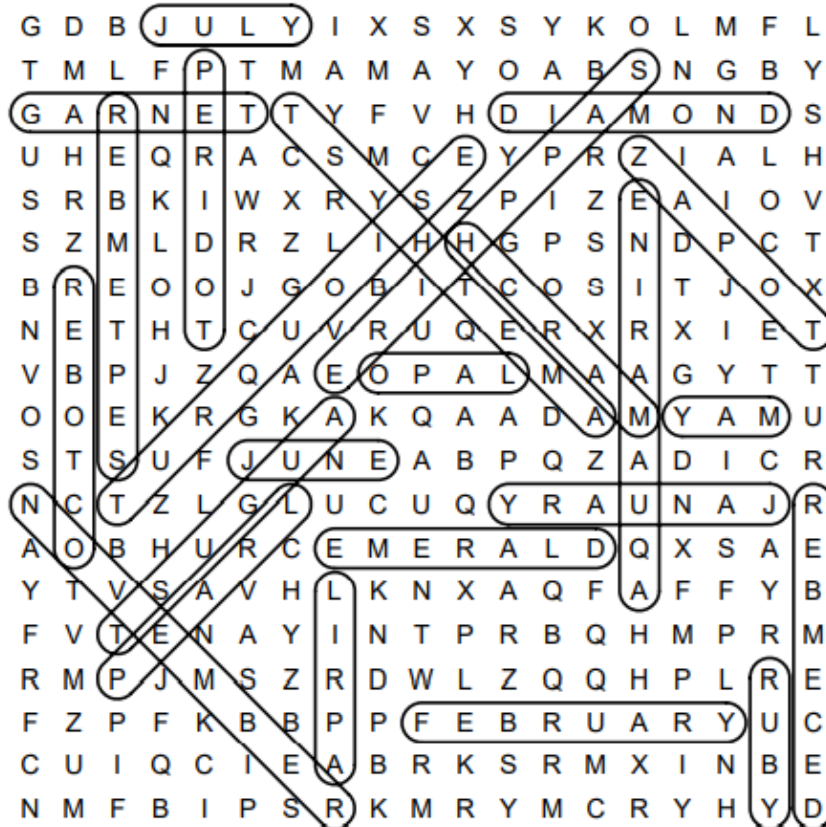
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### Brain Exercise Answers



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