

# Wellness Matters

A fresh look at health, nutrition and food safety  
brought to you by Nancy Gal, UF/IFAS Extension Agent IV



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Contact the agent: [nancy.gal@marioncountyfl.org](mailto:nancy.gal@marioncountyfl.org)

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## Contest!

How many mgs of sodium are allowed in a *low-sodium* food? Click here to email the answer and enter to win a cookbook! Hint: the answer is in this issue!

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**Dietary Sodium Recommendation**  
Reduce daily sodium intake to less than 2,300 milligrams (mg) and further reduce intake to 1,500 mg among persons who are 51 and older and those of any age who are African American or have hypertension, diabetes, or chronic kidney disease. The 1500 mg recommendation applies to about half of the U.S. population, including children, and the majority of adults.  
Source: 2010 Dietary Guidelines USDA/DHHS

## Timely Tips

### Are You Using Your Sodium Sense?

We have all heard about the connection between too much sodium in the diet and increased risk of serious health problems such as high blood pressure, heart disease, and kidney disease. The recommendation is clear; yet trying to reduce dietary sodium can be a challenge. So where is all the sodium coming from? Sodium is found most abundantly in salt ~ which is sodium chloride. However, sodium is also a part of other compounds. High levels of "hidden" sodium can be found in a variety of foods ~ especially those that don't taste food ingredients and sodium glutamate sodium bicarbonate contribute to the total

It is the total sodium in better manage, no from. The salt shaker today we consume processed and pre-

So, if you are serious your diet ~ you may want to take a closer look at the foods you typically eat and find a healthier version ~ if possible ~ or replace with another choice.

| Nutrition Facts                |                       |
|--------------------------------|-----------------------|
| Serving Size 1 cup (228g)      |                       |
| Servings Per Container about 2 |                       |
| Amount Per Serving             |                       |
| Calories 250                   | Calories from Fat 110 |
| % Daily Value*                 |                       |
| Total Fat 12g                  | 18%                   |
| Saturated Fat 3g               | 15%                   |
| Trans Fat 3g                   |                       |
| Cholesterol 10mg               | 2%                    |
| Sodium 360mg                   | 15%                   |
| Total Carbohydrate 31g         | 6%                    |
| Dietary Fiber 0g               | 0%                    |
| Sugars 5g                      |                       |
| Proteins 5g                    |                       |
| Vitamin A                      | 4%                    |
| Vitamin C                      | 2%                    |
| Calcium                        | 20%                   |
| Iron                           | 4%                    |

salty. Sodium is found in additives including mono- (MSG), sodium nitrite, and (baking soda), which all sodium content of the food.

our food that we need to matter where it comes used to be the culprit, but 77% of our sodium from pared foods.

about reducing sodium in

Read the **Nutrition Facts Label** for the sodium content per serving. The amount of sodium listed represents all the sodium in milligrams provided in one serving. So, if you eat more than one serving, multiply that number by the total number of servings eaten to determine how much sodium you are actually consuming.

## UPCOMING EVENTS

Diabetes Support Group  
Mt. Moriah Baptist Church  
April 18, May 16, June 13,  
July 18, August 22, Sept. 12,  
October 10, November 21,  
December 12  
2:00 p.m. to 3:30 p.m.  
For information call  
May Stafford, R.N.  
352-629-3782

ServSafe® Food Manager's  
Training and Exam  
UF/IFAS Extension Marion  
County  
April 9, July 10, October 9  
8:45 a.m. - 4 p.m.  
Pre-registration required  
888-232-8723  
Cost:  
\$110 for class & exam  
\$165 for class, book & exam

Cooking For One \*  
Munroe Regional Health  
System (MRHS) Auxiliary  
April 10  
9:30 a.m. - 11:30 a.m.

Collins Center  
April 11  
9:30 a.m. - 11:30 a.m.

Food Safety At Home \*  
MRHS Auxiliary  
May 22  
9:30 a.m. - 11:30 a.m.

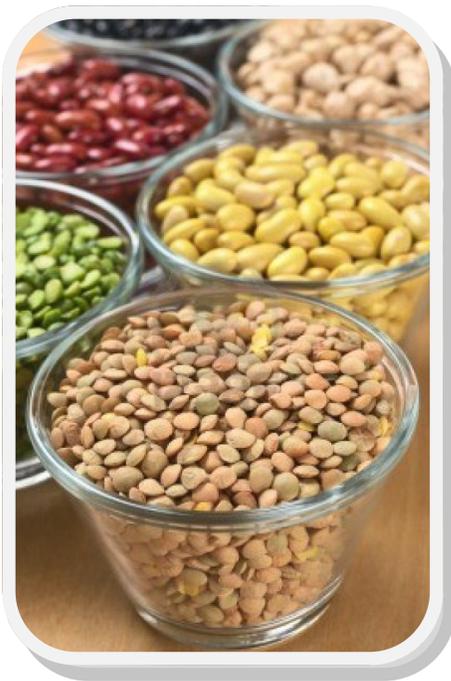
Collins Center  
May 23  
9:30 a.m. - 11:30 a.m.

\* Please call Munroe  
Regional Medical Center  
Prestige 55 Program at  
352-671-2153 for more in-  
formation.

# News You Can Use

## Legume Lingo

Legumes come from plants with seed pods that split into two halves when ripe. The edible, mature fruit or seed from the plants include beans, peas, lentils and soybeans. There are more than 13,000 different varieties grown worldwide. Common types include adzuki beans, kidney beans, pinto beans, black beans, edamame (green soybeans), soybeans, lima beans, garbanzo beans, Great Northern beans, black-eyed peas and split peas. Well known for their protein content, they are also a good source of potassium, folate, magnesium, iron, zinc, and both soluble and insoluble fiber. Being a plant food they contain no cholesterol, and most with the exception of soybeans, contain very small quantities of mostly unsaturated fat. Since their nutrition profile is similar to meat, poultry and fish, they are considered part of the Protein Foods group on the [USDA MyPlate](#). They are available dry, canned and frozen.



### Test your knowledge ...

- 1) What part of beans may help reduce blood cholesterol levels?
- 2) Beans are a good source of this type of carbohydrate which digests slowly and helps control blood glucose.
- 3) The only bean that provides a complete protein source?
- 4) What substance in beans helps reduce the risk of chronic disease and certain types of cancer?

Find the answers at [UF/IFAS Extension Marion County Wellness Resource webpage.](#)

How to Prepare Beans and Other Legumes ...

[Mayo Clinic - Nutrition and Healthy Eating](#)  
[The Michigan Bean Commission](#)

# Produce Picks

**Nutritional Value**  
**Green Cabbage,**  
**½ cup shredded,**  
**cooked without salt**



**Green cabbage** is a very low-calorie, vitamin C rich vegetable. It is a cool-season crop, available in Florida from December through May. The three main types of cabbage are green, red and Savoy. Select cabbage heads that are firm, dense, and heavy for their size. Outer leaves should be shiny and crisp and free of cracks. Refrigerate in a plastic bag to keep fresh and help retain moisture and vitamin C content; store up to 7 days. Cabbage is consumed raw, cooked or preserved. Remove the outer leaves before eating and rinse thoroughly under cool running tap water. Besides traditional cole slaw and sauerkraut, cabbage goes well in soup, stew, stir fry, steamed or boiled, with other vegetables, as well as with noodles and other grains as a side dish. It also adds a “nutritious crunch” to salads, sandwiches and wraps.

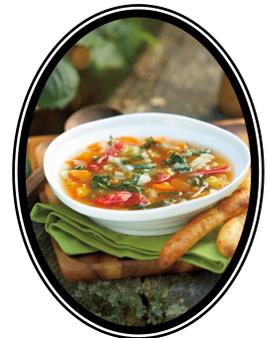
[Produce for Better Health Foundation](#)

## Cooking Corner

### Spring Vegetable Soup

#### Ingredients:

1 tablespoon extra virgin olive oil  
2 cups cabbage, green and/or red, finely shredded  
2 medium ripe tomatoes, seeded and chopped  
½ cup artichoke hearts, canned, drained and chopped  
1 cup green peas, frozen or fresh  
1 cup water or low-sodium tomato juice  
2 teaspoons basil, dried  
salt and freshly ground pepper to taste



#### Directions:

1. In a large pot, heat oil over medium heat.
2. Sauté cabbage, tomatoes, artichoke hearts and peas for 10 minutes.
3. Add tomato juice or water. Bring to a boil.
4. Reduce heat, add basil and simmer for 10 minutes or until vegetables are tender and soup is hot.

Yield: 4 servings

Nutrition per 140 calorie serving:

4 grams fat; 21 grams carbohydrates; 5 grams protein; 5 grams fiber; and 230 milligrams sodium.

[Produce for Better Health Foundation](#)

Courtesy of the American Institute for Cancer Research

|              |        |
|--------------|--------|
| calories     | 17     |
| protein      | < 1 g  |
| fat          | 0 g    |
| carbohydrate | 4 g    |
| fiber        | 1 g    |
| potassium    | 147 mg |
| sodium       | 6 mg   |
| vitamin A    | 60 IU  |
| vitamin C    | 28 mg  |
| vitamin K    | 82 mcg |
| folate       | 22 mcg |

**Key: g - grams**  
**mg - milligrams**  
**mcg - micrograms**  
**IU - International Units**

[Reference - USDA Nutrient Database](#)

Guest Contributor:  
Cassie Rowe, MS, RD  
Research Study Coordinator  
Food Science/Human Nutrition  
University of Florida

## A Closer Look ... Go Figure



There are many tools to help you figure the amount of sodium in foods. Start with the Nutrition Facts Label on packages and branch out to on-line resources such as the [USDA Nutrient Database](#) as well as food manufacturer and restaurant sites.

| Bread  | Sodium mg/slice |
|--------|-----------------|
| Raisin | 81              |
| Whole  | 132             |
| Rye    | 211             |

One teaspoon of salt contains 2,325 milligrams (mg) of sodium



| Vegetables  | Sodium mg per 1/2 cup serving |    |
|-------------|-------------------------------|----|
| Carrots     | fresh                         | 42 |
|             | frozen (no salt)              | 43 |
|             | canned (low or no sodium)     | 42 |
| Green Beans | fresh                         | 3  |
|             | frozen (no salt)              | 58 |
|             | canned (low or no sodium)     | 17 |
| Spinach     | fresh                         | 12 |
|             | frozen (no salt)              | 92 |
|             | canned (low or no sodium)     | 88 |

| Roasted Meats | Sodium mg/2 oz serving |
|---------------|------------------------|
| Chicken       | 43                     |
| Turkey        | 40                     |
| Beef          | 32                     |

| Luncheon Meats | Sodium mg/2 oz serving |
|----------------|------------------------|
| Chicken        | 705                    |
| Turkey         | 705                    |
| Beef           | 630                    |

## Food Label Claims

*What the Terms Really Mean*

|                                   |  |
|-----------------------------------|--|
| Salt/Sodium-Free                  | Less than 5 mg of sodium per serving   |
| Very Low Sodium                   | 35 mg of sodium or less per serving  |
| Low Sodium                        | 140 mg of sodium or less per serving   |
| Reduced Sodium                    | At least 25% less sodium than in the original product  |
| Light in Sodium or Lightly Salted | At least 50% less sodium than the regular product  |
| No-Salt-Added or Unsalted         | No salt is added during processing, but not necessarily sodium-free. Check the Nutrition Facts Label to be sure! |

[Shopping for Health: Sodium UF/IFAS Extension](#)

# Calls to the Agent

**Question:** What are the health benefits of antioxidants?

**Answer:** Antioxidants are substances such as beta-carotene, lycopene, lutein, and vitamins A, C, and E that have been shown to help protect cells from harm caused by molecules called free radicals. Antioxidants serve as “neutralizers” to help prevent damage to the cells which can lead to cancer as well as other diseases.

Fruits and vegetables are excellent sources of antioxidants. Antioxidants are also found in nuts, grains, and some meats, poultry, and fish. Eating a variety of healthful foods is a great way to consume a diet rich in antioxidants.

**Beta-carotene:**

sweet potatoes, carrots, cantaloupe, squash, apricots, pumpkin, mangos, collard greens, spinach, kale

**Lycopene:**

tomatoes, watermelon, guava, papaya, apricots, pink grapefruit, blood oranges

**Lutein:**

collard greens, spinach, kale

**Vitamin A:**

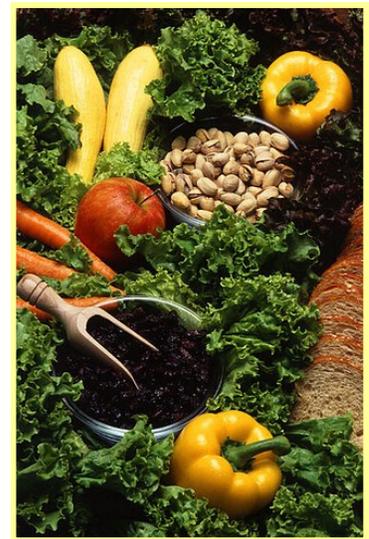
liver, sweet potatoes, carrots, milk, egg yolks, mozzarella cheese

**Vitamin C:**

red and green peppers, kiwi, strawberries, sweet potatoes, kale, cantaloupe, broccoli, pineapple, Brussel sprouts, oranges, mangos, tomatoes, cauliflower

**Vitamin E:**

almonds, wheat germ, oils (safflower, corn, soybean), mangos, nuts, broccoli



[Antioxidants and Cancer Prevention: Fact Sheet](#)

# Meet the Agent

Nancy Gal, Family and Consumer Sciences Agent IV, has been on the faculty of the University of Florida/IFAS Extension in Marion County since 1987. She teaches health, nutrition and food safety to adults and youth ~ promoting wellness and disease prevention. Her areas of specialty include type 2 diabetes, cardiovascular disease, weight management and food safety. Nancy is well known for her diabetes education programs and has served on the Florida Diabetes Advisory Council and Florida Alliance for Diabetes Prevention and Care. Her professional accomplishments include international, national and state recognition for her work with Dr. Linda Bobroff, UF/IFAS Extension Nutrition Specialist, on the development of the UF/IFAS Extension's [Take Charge of Your Diabetes](#) program.

## What is Extension?

Extension is a partnership between state, federal and county governments to provide scientific knowledge and expertise to the public. The University of Florida, together with Florida A&M University, administers the Florida Cooperative Extension Service.

University of Florida's Institute of Food and Agricultural Sciences (UF/IFAS) is a federal, state, and county partnership dedicated to developing knowledge in agriculture, human and natural resources, and the life sciences, and to making that knowledge accessible to sustain and enhance the quality of human life.

At the University of Florida, Extension is located in the Institute of Food and Agricultural Sciences (IFAS), along with the College of Agricultural and Life Sciences (CALS) and the Florida Agricultural Experiment Station, and is called UF/IFAS Extension.



**[UF/IFAS Extension Marion County](#)**

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