



FOOD IS MEDICINE: SESSION TWO



A collage of various fresh foods including vegetables, fruits, and nuts arranged around the central text. The items include a green salad with tomatoes and cucumbers, a pomegranate, a kiwi, spinach, almonds, a bowl of peppercorns, a wooden spoon with peppercorns, a carrot, a piece of ginger, a tomato, a cucumber, a red onion, a bell pepper, and a bowl of lentils.

Today we will be learning about

- How salt affects your body and blood pressure
- Why potassium is important
- The good fats, the bad fats, and what's in between
- How to read food labels to make healthy choices
- The DASH diet

Pre-Test

Before we start, please scan the QR code to take a short pre-test.

It's not graded — it just helps us see what you know about food and health before the program.



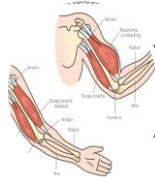
Sodium and How it Works

Sodium is a mineral found in salt.

Our bodies need a small amount to help keep the right balance of fluids and to help muscles and nerves work properly.



Helps our body keep in nutrients and water



Helps our muscles contract



Helps our nerves carry messages between the brain and the body



Balances fluid in our bodies and blood pressure

Sodium and its Effects on Blood Pressure

What happens if we eat *too much* sodium?

- Too much sodium makes your body hold extra water.
- This extra water raises your blood pressure, which can make your heart work harder and increase the risk of heart disease and stroke.



Where is Sodium Found

Sodium is found in table salt and in many foods we eat.

Foods high in sodium include:

- Frozen dinners
- Canned or instant soups
- Chips like Takis
- Deli meats such as cecina
- Cheeses like Cotija, queso fresco, or Oaxaca
- Canned vegetables
- Sauces like soy sauce, Valentina, or Cholula
- Even some breads





The Power of Potassium

Potassium is a mineral that helps your body stay healthy.

- It balances sodium, helps your muscles and nerves work well, and keeps your heartbeat steady.
- It also helps your kidneys get rid of extra salt and waste.
- Potassium helps relax your blood vessels and can lower blood pressure.
- It's an important part of keeping your heart healthy.

The Power of Potassium



Where can we find it? Many delicious foods are packed with potassium!

- **Fruits:** Bananas, oranges, avocados, and papaya.
- **Vegetables:** Sweet potatoes, leafy greens (like spinach), plantains, and tomatoes.
- **Other Foods:** Salmon, yogurt, beans, and nuts.

Potassium and Hypertension Medication

Some blood pressure medicines can change how much potassium your body needs.

- If you take medicines like **spironolactone**, too much potassium can be harmful.
- If you take medicines like **Lasix**, you may need more potassium.

Always follow your doctor's advice and ask if you're not sure what foods are safe.



Understanding Fats

Unhealthy Fats:

- **Saturated fats** are found in butter, cheese, cream, coconut oil, and red meat.
- Eating too much can raise bad cholesterol and increase the risk of heart disease.



Beef, lamb
and pork



Cheese and
butter



Cream



Mayonnaise



Chicken skin



Hot chips



Palm oil



Ice cream

Understanding Fats

Unhealthy Fats:

- **Trans fats** are found in some processed snacks and baked goods.
- These artificial fats raise bad cholesterol, lower good cholesterol, and increase the risk of heart disease, stroke, and type 2 diabetes.

Natural Trans Fat



Beef & Lamb
3 - 10%



Chicken & Pork
0 - 2%



Dairy Product
3 - 7%

Artificial Trans Fat



Some Baked Goods



Fast Fried Food



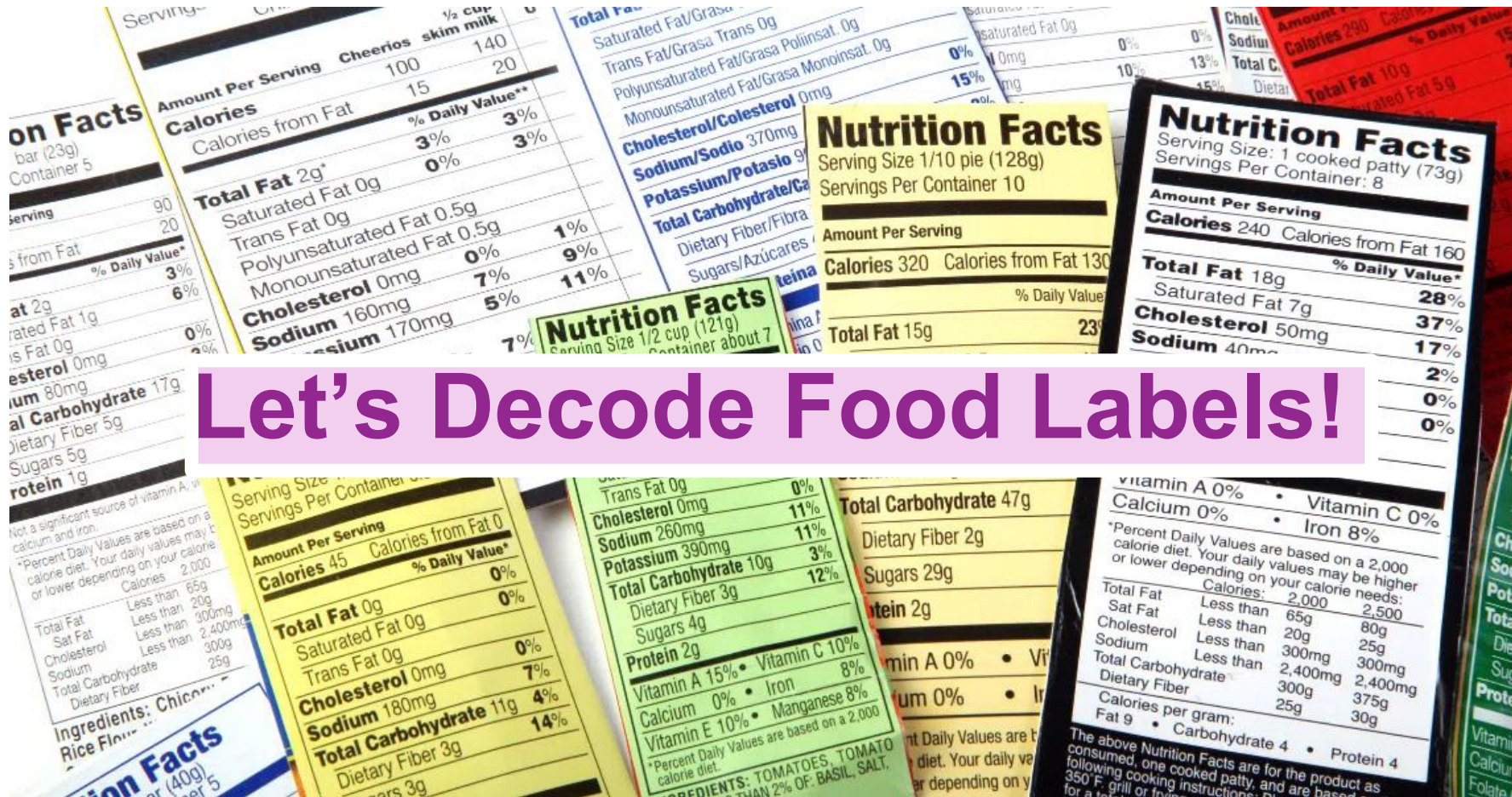
Chips

Understanding Fats



Healthy Fats:

- **Unsaturated fats** are found in olive oil, nuts, avocados, seeds, and fish.
- These healthy fats lower bad cholesterol, raise good cholesterol, reduce inflammation, and support brain and heart health.



Let's Decode Food Labels!

Food Labels

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Start by checking the **serving size** and how many servings are in the container.

- Nutrition facts are for **one serving only**.
- For example, one serving might be 2/3 cup, but the container could have 8 servings.

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Below the calories, you can see a list of nutrients.

- There are two types: **macronutrients** and **micronutrients**.
- **Macronutrients** are fat, carbohydrates, and protein.
- **Micronutrients** are vitamins and minerals.
- Under total fat and total carbs, you can see more details about the kinds of fat and carbs in the food.

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The column on the right shows the **% Daily Value (%DV)**.

- %DV tells you how much of a nutrient is in one serving compared to what most people need each day.
- It helps you see if a food has **a little or a lot** of a nutrient without doing math.
- %DV is based on a **2,000-calorie diet**.
- Your calorie needs may be different, so **ask your doctor** what is best for you.

Understanding Food Labels

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1. Start with serving size.

Check the number of servings per container and the size of each serving. The Nutrition Facts are based on one serving.

2. Aim to meet your daily calorie goal.

Visit choosemyplate.gov/MyPlatePlan to calculate your personal calorie needs.

3. Limit:

- Saturated fat
- Trans fat
- Cholesterol
- Sodium
- Added sugars

4. Eat enough:

- Fiber
- Vitamin D
- Calcium
- Iron
- Potassium

5. Pay attention to the % (Percent) Daily Value (DV):

- 5 percent or less is LOW
- 20 percent or more is HIGH



Important Nutritional Information

- **Calories** show how much energy you get from food or drinks.
- **Added Sugar** is sugar added to food when it's made or cooked. Too much is unhealthy.
- **Fiber** is a part of food your body can't digest. It keeps your stomach healthy and helps you feel full.
- **Low Sodium** means the food has little salt. Eating less salt helps keep blood pressure healthy.
- **Cholesterol** is a type of fat in your blood. Too much can cause heart problems.

Understanding The DASH Diet

The DASH diet stands for **Dietary Approaches to Stop Hypertension**. It is a healthy eating plan designed to help prevent and control high blood pressure.

Fruits and Vegetables

- Rich in potassium & fiber



Whole grains

- Fiber & nutrients that help lower cholesterol

Low-fat dairy

- Calcium & protein without the extra saturated fat

Lean proteins

- Support muscle/heart health without raising cholesterol

Nuts and seeds

- Heart-healthy fats

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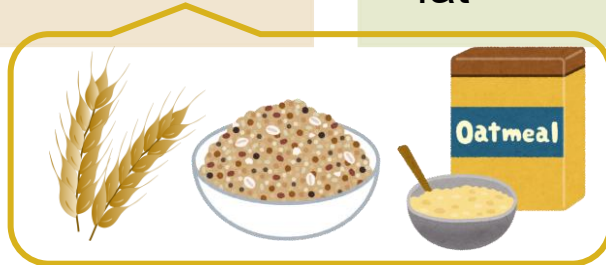
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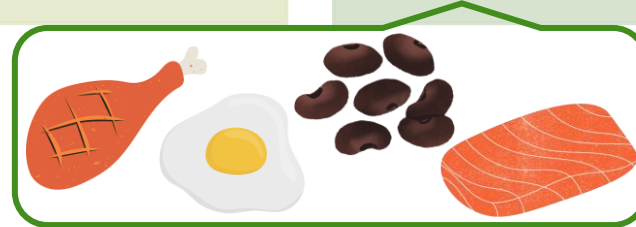
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How Does the DASH Diet Help with Hypertension

Reduces Sodium: Too much sodium can raise blood pressure by making your body hold extra water.

- **DASH diet recommends:**
 - Standard DASH: up to 2,300 mg of sodium per day
 - Lower-sodium DASH: 1,500 mg per day for better results



How Does the DASH Diet Help with Hypertension

Increases Potassium, Magnesium, and Calcium

These nutrients help control blood pressure by balancing fluids and relaxing blood vessels.



How Does the DASH Diet Help with Hypertension



Improves Overall Heart Health

By eating less saturated fat and cholesterol, it helps keep blood vessels and circulation healthy.

Lowers the chance of stroke, heart disease, and kidney problems.

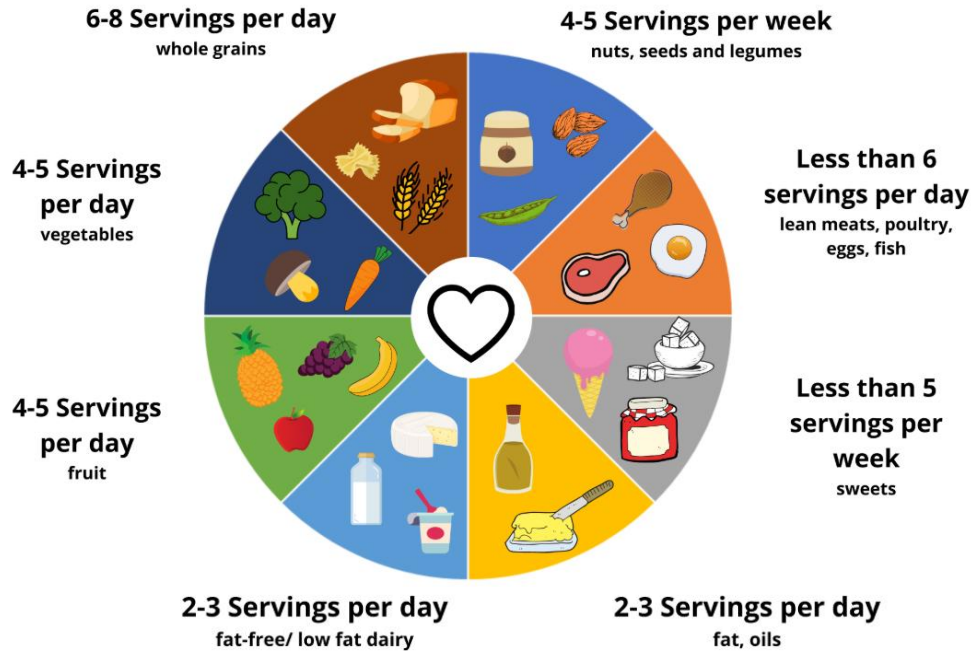
How Does the DASH Diet Help with Hypertension

Encourages Weight Loss

Because it focuses on healthy, low-calorie foods, the DASH diet can help you lose weight, which also helps lower blood pressure.



DASH DIET

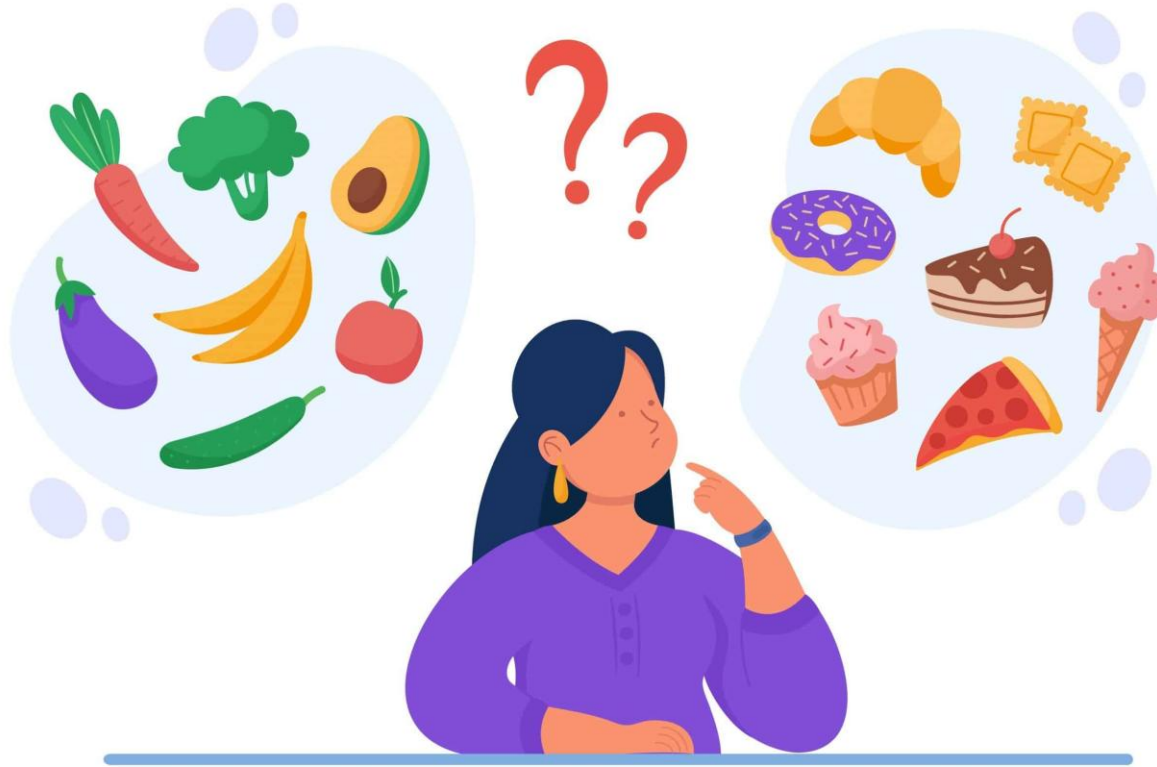


- Filling low calorie vegetables
- Fruits
- Lean proteins



- Salt
- Added sugars
- Fats

Summary of the principles of the DASH diet. Adapted from: National Heart, Lung and Blood Institute UK



Post-Test

We will do a short quiz, like the pre-test, to see what you learned in the program.

Your answers are **not** graded.

Scan the QR code to take the post-test.



Thank You For Choosing Us!

