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MAKE A DASH FOR HEALTHY LIVING

Cooking Smart for a Healthy Heart

You vowed to live a healthier lifestyle this year. You're exercising more and eating a balanced diet—cutting back on fat and calories. But if you're still pouring on the salt and buying high-sodium foods, you continue to put your health at risk.

We've all done it. We prepare a healthy, low-calorie meal or order one in a restaurant then—before you can say, "I broke my New Year's resolution" — we're reaching for the saltshaker.

When it comes to diet and nutrition, many of us are so focused on counting fat, calories or carbohydrates, we tend to ignore sodium. The American Heart Association recommends that people consume no more than 2.4 grams (about one teaspoon) of salt per day. However, the average person is consuming nine grams per day, with many Americans eating more than

12 grams daily. While the proper balance of sodium is essential to prevent dehydration, too much can cause serious health problems.

Fortunately, you can stick to your diet and lower your sodium intake without sacrificing great taste. Each of the 12 Mrs. Dash® seasoning varieties is uniquely blended with 14 natural herbs and spices, so you get robust, mouth-watering flavors without salt or MSG.

Cutting back on salt can be especially important for African-Americans. Too much sodium can contribute to high blood pressure, which can cause heart disease and other health problems that afflict African-American women more than women of other races, according to the National Women's Health Information Center. Try the following tips to help reduce your sodium intake:

Read the nutrition facts on food labels. Seventy-five percent of the sodium we ingest comes from processed food. Taste food first before adding condiments. Use salt-free seasoning blends instead of salt. Also, select foods that are naturally low in sodium.

FOODS TO CHOOSE:	FOODS TO AVOID:
Skinless chicken and turkey	Bacon, ham, hot dogs
Lean meats	Canned fish
Fresh or frozen fish	Salty chips and nuts
Fruits	Pickles, relish, olives
Herbs and spices	Boullion cubes

This year, be good to your body and your palate. Get plenty of exercise, eat healthy foods and help reduce sodium with the flavorful alternative — Mrs. Dash Seasoning Blends. Your heart will love you for it!

WINNER ESSENCE Magazine Cooking in a Dash Sweepstakes



**JEANNE HEAD
RICHARDSON, TEXAS
FAVORITE MRS. DASH RECIPE:**
Holy Guacamole, a very low sodium, zero-cholesterol dip made with Mrs. Dash Extra Spicy Seasoning Blend

"We eat Tex-Mex all the time and I just love guacamole," says Jeanne. When she adds Mrs. Dash to guacamole dip, one of her favorite foods tastes even better. "I just really like the flavor."

Jeanne, a homemaker and mother of two, wins a prize package that's good for her heart and her taste buds—a state-of-the-art treadmill and a year's supply of Mrs. Dash! "It will encourage me to exercise and that's a good thing," says Jeanne. "And with Mrs. Dash, I can add extra flavor to what I cook."

To try Holy Guacamole or any of the other flavorful, mouthwatering recipes using Mrs. Dash, go to www.mrsdash.com.

CHOOSE TO MOVE



A free, easy and convenient way to get into better shape.

Mrs. Dash is a proud sponsor of the American Heart Association's Choose To Move program.

Lack of exercise is one of the major risk factors for heart disease. However, many women are not active because they believe working out is too time consuming or they can't afford to join a health club.

This free 12-week guide is the perfect tool to help inactive women start exercising, or to inspire active women to step up the pace. You'll find out how a little additional physical activity and simple dietary changes can help reduce your risk of heart disease and stroke. And best of all, Choose To Move fits your busy lifestyle by showing you how to build exercise into your existing routine.

WOMEN WHO JOIN CHOOSE TO MOVE RECEIVE:

- An easy-to-follow handbook to increase physical activity
- Nutrition tips and recipes for healthful eating
- Weight management tips, including success stories
- Relevant facts on heart disease and stroke

TO REGISTER, VISIT

www.americanheart.org/choosetomove or call 1-888-MY-HEART (1-888-694-3278).



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