



PATIENT PHYSICIAN PARTNERSHIP

THANK YOU!!!

Thank you for being a part of our program. We are excited about giving you very interesting and important information.

Knowing how to read a food label can help you make smarter food choices that can help manage your blood pressure. In this month's newsletter, you'll learn more about this and also get a tasty heart-healthy recipe.

Guess What?!

1. True or False: Eating less sodium can help lower high blood pressure.
2. True or false: Every food has the same serving size on a food label.
3. Which of the following should you try to eat more of?
 - A. Carbohydrates (breads, crackers, etc.)
 - B. Dietary fiber (found in whole grain breads, vegetables, etc.)
 - C. Cholesterol (found in animal foods)
4. True or false: Americans usually eat too little protein.
5. Which of the following foods is more healthy for you?
 - A. A food with 200 calories and 140 calories from fat
 - B. A food with 200 calories and 70 calories from fat
 - C. A food with 300 calories and 250 calories from fat

* answers on next page

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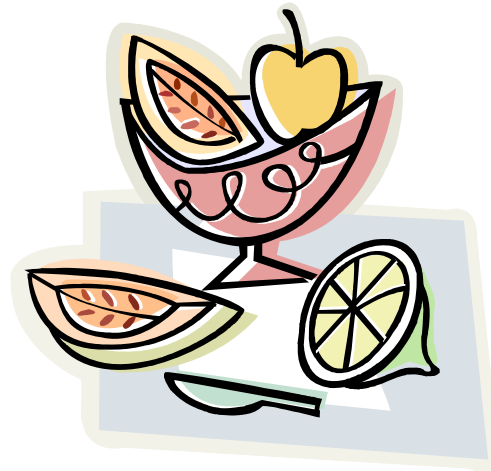
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HEALTHY RECIPE

Tropical Fruit Salad

Ingredients:

1 ripe papaya or mango, peeled, seeded and cubed
 1 banana, sliced
 1 cup juice-pack pineapple chunks with juice
 2 tablespoons shredded dried coconut
 4 mint sprigs



Instructions:

In a mixing bowl, combine all ingredients except mint.

Garnish each serving with a sprig of mint.

Nutrition Facts:

Serving: 4

Amount per serving: Calories 108

Fat 1.33g Cholesterol 1.87 mg

Carbohydrates 10.9 g Sodium 0 mg

Nutrition Facts

Serving Size 1 cup (228g)
 Serving Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

DID YOU KNOW?!

Food labels can help you to choose foods that are better for you and will help you to manage your blood pressure. Here are some tips on reading these labels:

- The serving size tells you how much of this food a person usually eats. Read this and compare it to how much you eat of this food. Using the food label on the left, if you eat one cup, then you are eating just what it says on this food label. If you eat 2 cups of this food, then you are eating double the calories listed on this food label.
- Calories tell you how much energy you get from this food. The label also tells you how many of these calories come from fat. For example, 110 of the calories in this sample food come from fat. If you have two foods to choose from, you should choose the food that has fewer calories from fat.
- The yellow section in the sample label shows the things that you should limit. Americans get many more of these items than we need. These can contribute to weight gain, chronic diseases, and high blood pressure. Stay away from these!!!
- The blue section on the sample label shows things that you should try to get a lot of. Most Americans do not get enough of these and they are very good for you. For example, fiber can help lower your risk of some cancers.
- The purple section tells you if the food adds a lot or a little of the nutrient to what you eat each day. Try to eat foods that add only a little fat, cholesterol and sodium to your daily diet. All of the food you eat in a day should equal less than 100% for each line. For example, if you added up all of the % daily values for fat in the foods you eat today, the total should be less than 100%.

Information from <http://vm.cfsan.fda.gov/~dms/foodlab.html>.

PATIENT-PHYSICIAN PARTNERSHIP STUDY

2809 Boston Street
Suite 7, Room 111
Baltimore, MD 21224

Phone: 410-522-6500

*Do you have a funny story, or a
tasteful recipe?
Send it to us!!!*

«LENA WILSON

8124 SALT LAKE DRIVE
BALTIMORE MD 21244

**Patient Physician
Partnership bringing you
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**COMMIT TO TREATMENT AND CONTROL YOUR BLOOD PRESSURE
THE FIRST STEP TO HEALTHY LIVING AND A LONGER LIFE SPAN.**

S - Stay aware of your blood pressure levels.

T- Talk with your family about your health conditions.

**E- Expect a change in your health when you follow your
doctors suggestions.**

P- Prepare your questions for your next doctor's visit.