



TRIPLE P COMMUNICATION STATION

Volume 1, Issue 5

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.

Table salt is made of sodium and chloride. Did you know that eating sodium can affect your blood pressure? In this month's newsletter, you'll learn more about sodium and also get a tasty heart-healthy recipe.

DID YOU KNOW?!

Reducing sodium in your diet can lower your blood pressure. Here are some tips on how you can easily eat less sodium.

- Most people think table salt is the only place that you get sodium, but 80% of sodium actually comes from processed foods.
- Read food labels — sodium is in some foods you might not expect, like soy sauce and some antacids
- Eat more fresh foods—processed foods account for most of the sodium you consumed.
- Add flavor to your food with herbs, spices, and salt-free seasoning blends instead of salt.
- Cook your rice, pasta, and hot cereals without salt. Also, eat less instant or flavored rice, pasta, and cereal mixes - these usually have salt added to them.

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HEALTHY RECIPE

Chicken fajitas

Ingredients:

1 pound boneless, skinless chicken breast

2 cup sliced onions

1/2 cup red bell peppers

1/2 cup green bell peppers

1/2 cup yellow peppers

1 teaspoon olive oil

8 teaspoons lawley's fajita Spices & Seasonings Mix

1/4 cup of water

6 flour tortilla



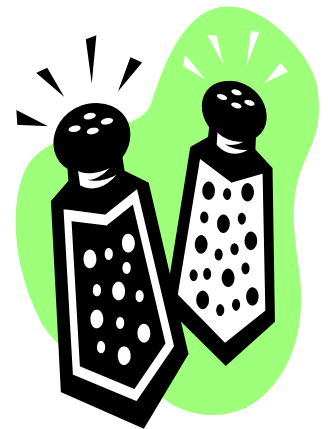
This recipe contains 474mg of sodium which is 20% of you daily recommendations.

Instructions:

- Slice chicken breast into thin strips. In a large skillet, heat 1 teaspoon of olive oil.
- Sauté onions and bell peppers until tender.
- Remove from skillet and set aside. In the same skillet, sauté chicken strips until they no longer pink in the thickest part and are slightly brown.
- Add lawley's Spice and Seasoning, blend well.
- Add 1/4 cup of water, bring to a boil.
- Simmer, uncovered for 3-5 minutes
- Return vegetables to skillet to heat.
- To Serve, divide mixture evenly among warm tortillas.
- Roll up tortilla. Garnish with sour cream or salsa.
- ENJOY!!!

Guess What?!

1. True or false: Rinsing canned foods, such as tuna, can reduce the amount of sodium in the food.
2. True or false: People who eat lower sodium foods generally have lower blood pressure than those who do not.
3. Which type of food usually has the most sodium?
 - A. Canned foods
 - B. Frozen foods
 - C. Fresh foods
4. What are the recommendations for how much sodium to eat a day?
 - A. 3500 milligrams or more
 - B. Less than 3500 milligrams
 - C. Less than 2400 milligrams



PATIENT-PHYSICIAN PARTNERSHIP STUDY

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

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Answers: 1.True 2.True 3.A 4. C

**COMMIT TO TREATMENT AND CONTROL YOUR BLOOD PRESSURE
THE FIRST STEP TO HEALTHY LIVING AND A LONGER LIFE SPAN.**

F- Fast Food is high in sodium

**I - If you are thirsty drink water instead of sodas
or juices**

R - Reschedule missed appointments

S - Start Exercising

T - Take your blood pressure medicine