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LIPID CLINIC NEWS

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The Lipid Clinic is located in Suite 330, 3rd floor of the Physicians' Pavilion at OHSU. **To make Lipid Clinic appointments, call: (503) 494 - 3273.**

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In This Issue

- 2007 – Less Sodium & More Potassium
- What's the Recommended Sodium Intake
- Lite Salt Makes a Difference
- Italian Marinara Sauce
- What's the Recommended Potassium Intake
- And more...

2007- Less Sodium, More Potassium

Ten pounds!



This is the amount of salt the typical American eats in one year. Most people know that they do not bring ten boxes of salt per person into the house each year. At least eight of those boxes come in the form of processed food.

Prevent High Blood Pressure With Less Sodium and More Potassium

Our distant ancestors ate a diet with a high potassium to sodium ratio. A high ratio is critical for the prevention and treatment of high blood pressure. The ratio of the U.S. diet is <0.4. The ideal potassium to sodium ratio is two. To achieve this, the sodium intake would need to be cut in half and potassium intake doubled.

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Sources of Sodium in U.S. Diet

Processed foods & Restaurants 80%

- Cereals
- Bread
- Packaged foods
- Canned vegetables
- Soups
- Dairy products



Salt added in cooking & at the table 20%

Sources of Potassium in U.S. Diet

- Fruits
- Vegetables
- Whole grains
- Legumes (beans)



If the Average U.S. Blood Pressure were Lowered There Would Be:

- Fewer strokes
- Less coronary disease
- Fewer sudden deaths
- Longer preservation of visual function
- Less kidney disease
- Less osteoporosis

Salt Sensors Change Slowly

If you eat less salt, your salt sensors are activated and it will take much less salt for food to taste right. Typical canned soups and bottled salad dressings will taste too salty. The problem is it takes several weeks to activate your salt sensors. In the meantime, put Lite Salt in your saltshaker and leave it in the kitchen. Make yourself go get it. One day you will realize it has been weeks or even months since you last made the trip to the kitchen for your saltshaker. Sonja almost wore a path to the kitchen before this happened.

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What's the Recommended Sodium Intake?

1,500 to 2,300 milligrams of sodium per day is recommended (half of typical intake).

Read food labels and recipes.

- A reasonable serving size for a main dish would contain no more than 600 mg sodium.
- A reasonable serving size for other dishes would contain no more than 500 mg sodium.
- ¼ teaspoon salt = 589 mg sodium

Lite Salt Makes a Difference

Lite Salt is one half sodium chloride and one half potassium chloride. It has the same saltiness. Substituting Lite Salt for regular salt will reduce the sodium by one half. If you use Lite Salt and one half the amount called for, the sodium will be reduced by three-fourths.

Cook's Illustrated compared "Morton's Lite Salt Mixture with table salt in several applications. "When it came to cake, zucchini and scrambled eggs, tasters found it difficult to distinguish between the two salts and didn't notice any bitterness. In the brined roast chicken, however, tasters preferred the saltier, fuller flavor lent by table salt."



Cook's Illustrated May/June 2007

Try it you'll like it. In the rare event you detect any bitterness, use a little less.

Other Products Worth Buying

Lower sodium soy sauce, 40% less salt

Lower sodium chicken broth such as Swanson Natural Goodness with 1/3 less sodium

No salt added canned tomatoes and tomato sauce

Canned beans with 50% less salt

Amy's Low Sodium Soups

Heinz No Salt Added Ketchup

Mrs. Dash Salt Free Seasoning Blends

Cooking Tip

The goal is to cook rice, pasta, potatoes and vegetables without adding salt. Change gradually by using Lite Salt and gradually reducing the amount to none.

Italian Marinara Sauce

We got the idea for this recipe at a medical meeting in Hawaii. Eighty-five Italian cardiologists attended this meeting. One of them described in meticulous mouthwatering detail how his mother made what he called "real" Italian marinara sauce. This is the recipe we developed based on his description. Our Italian staff member, Paula, says this is how her mother always made marinara sauce, too.

- 1 tablespoon olive oil
- 1 tablespoon minced garlic
- 2 cups chopped onions
- 4 cans (14 1/2 ounces each) unsalted tomatoes
- 1/2 cup finely chopped fresh basil
or 2 tablespoons dried basil leaves
- 2 teaspoons sugar
- 2 teaspoons (or less) Lite Salt
- 1/8 teaspoon pepper
- 1/4 cup chopped fresh basil for garnish

Heat oil in a 3-quart pan. Add garlic and onions; reduce heat to medium and cook, while stirring, 8 to 10 minutes. Do not let onions get brown around the edges; they should be golden throughout and well cooked. Add canned tomatoes, basil, sugar, Lite Salt and pepper. Bring to a boil, reduce heat so mixture bubbles lightly and cook, uncovered, 1 1/2 to 2 hours. Break up tomatoes as the sauce cooks. Serve over pasta or in any dish that calls for a flavored tomato sauce. When serving, sprinkle with chopped fresh basil.

Makes 5 cups sauce.

PER CUP:		
CALORIES 116	TOTAL FAT 3 gm	
SODIUM 436 mg	SATURATED FAT trace gm	
FIBER 6 gm	CHOLESTEROL 0 mg	
	CHOLESTEROL-SATURATED FAT INDEX	trace

There are big differences when you cook with no salt added tomatoes and use Lite Salt.

	<u>Sodium</u>	<u>Potassium</u>
	mg per cup	
Recipe made with no added salt tomatoes and 2 tsp Lite Salt	436	1,269
Recipe made with regular tomatoes and 1 tsp regular salt	945	749

The potassium to sodium ratio is almost 3 when using no salt added tomatoes and Lite Salt and less than 1 when using regular canned tomatoes and regular salt.

Lipid Clinic News can be found online at www.ohsu.edu/medicine/divisions/endo/lipidnews

For online subscription, send your name and email address to: LCNews@ohsu.edu with "subscribe" in subject line.

What's the Recommended Potassium Intake?

About 4,700 milligrams of potassium per day is recommended (double the typical intake). This number is not helpful in a practical sense because potassium is not listed on food labels.

The best way to know you are eating enough potassium is to work on an eating style that includes more plant foods (vegetables, fruits, whole grains and legumes).

Make sure you are eating five to nine servings of vegetables and fruits each day.

Plant Foods Also Contain Many Other Protective Nutrients

All of the protective nutrients that science has identified are in plant foods. Some of them are:

- Soluble fiber
- Vitamins C and E; lutein (antioxidants)
- Resveratrol (red grapes)
- Plant sterols and stanols (Benecol® & Take Control® margarines contain these)

We all need to include more protective nutrients in our eating styles (not take them as supplements). The way to do it is to try lots of recipes and food products. This is easier said than done. It is hard to make yourself try things you might not like, especially if you have had bad experiences with vegetables and other plant foods.

Plant Foods Don't Look Good And They Taste Awful - Or Do They?

Some people refer to the U.S. diet as the “white” diet and the Hippy diet as the “brown” diet. We agree this was true for some of the foods from the 60s. That was almost 50 years ago and “we’ve come a long way baby.”

Consider some of what’s available today:

- Grocery stores that emphasize plant foods such as New Seasons, Whole Foods and Wild Oats
- Farmer’s markets running over with plant foods, some even ready to eat on the spot
- Restaurants that emphasize plant foods such as Higgins, Blossoming Lotus and many others

What About People with Kidney Disease?

People with chronic kidney disease may need to limit both sodium and potassium. Your Licensed Dietitian can help determine your sodium and potassium goals.

Blossoming Lotus - Serving Freshly Made Organic Vegan Fare

The Blossoming Lotus is in the Pearl District of Portland. It started as a small café sharing space with the Living Yoga Studio. The owner, Bo Rinaldi, says he currently feeds 400 people a day.

This is the place to go for beautiful, delicious plant foods.

Dr. Connor and Sonja recently had lunch there. They had *The Indian Bowl* (basmati brown rice, steamed kale, curried veggies and mango chutney) and *Tempeh Fajita* (onions, peppers and lettuce on a wheat tortilla with salsa). Also tempting was the Salud Salad (black beans, rice, tomato, romaine lettuce and avocado, dressed with a spicy vinaigrette and cashew sour crème).



The Blossoming Lotus is open for breakfast 7:30 AM – noon, lunch 7:30 AM – 4:00 PM, drinks and appetizers 4:00PM – 5:00 PM and candlelight dinners 5:00 PM – 10:00 Pm. They also offer professional catering services for events, luncheons and special occasions.

The original, and very popular, Blossoming Lotus is on the island of Kauai, Hawaii. Bo and his partner published a cookbook *Vegan World Fusion Cuisine* in 2005 that won numerous awards. We tried some of the recipes at a recent potluck. We really liked *Super Shakti's Spanikopita*. Our adapted version is on the back of this newsletter.



The address of the Blossoming Lotus is 925 NW Davis. You may wish to check out the website www.blpdx.com.

Super Shakti's Spanikopita

Adapted from "Vegan World Fusion Cuisine" by Mark Reinfeld and Bo Rinaldi. One hour prep/40 minutes cooking/9" x 13" baking dish.

14 oz tofu, extra firm, crumbled
1-package phyllo sheets
2 six-ounce bags fresh spinach
1-tablespoon olive oil
2 cups diced onion
1 can (15 oz) 50% less salt garbanzo beans, drained and mashed
¼ cup tahini (sesame seed paste)
½ cup Kalamata olives, chopped
¼ cup minced garlic
¼ cup lower sodium soy sauce
2 tablespoons parsley, Italian preferred
1-½ teaspoons dried oregano leaves
1 teaspoon dried rosemary, minced
½ teaspoon Lite salt
½ teaspoon pepper
nonstick cooking spray

Directions:

Preheat oven to 350°. Steam spinach for 3-5 minutes. Set aside. Heat olive oil in large pot on medium high heat. Add onions and garlic; cook 5 minutes, stirring frequently. Add tofu and cook for 10 minutes, stirring frequently. Add remaining ingredients, except the phyllo dough and cook 5 minutes. Remove from heat.

Spray 9" x 13" baking dish with nonstick cooking spray. Place 1/3 of the phyllo dough (7 sheets) on the bottom of the dish, one sheet at a time, spraying each sheet lightly with nonstick cooking spray. Place one-half of the tofu mixture on top of the phyllo dough.

Top with 7 sheets of the phyllo dough, spraying each sheet lightly with nonstick cooking spray. Place remaining tofu mixture on top of the phyllo dough.

Top with 7 sheets of the phyllo dough, spraying each sheet lightly with nonstick cooking spray. Place in oven and bake until phyllo is golden brown, approximately 20 minutes. Allow to cool 10-15 minutes before serving.

Makes 8 main dish servings; 12 side dish servings.

Per 1/8 recipe:

Calories 233

Sodium 532 mg

Potassium 428 mg

Fiber 4 gm

Total Fat 10 gm

Saturated Fat 2 gm

Cholesterol 0 mg

Cholesterol-Saturated Fat Index

