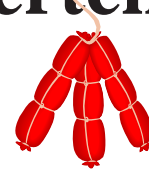
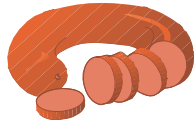


Pork- Diabetes & Hypertension



What is it?

***Pork-** comes from a Hog, white meat, not fresh cured with salt added

Signs and Symptoms:

***High Blood Pressure and Diabetes-** can damage the brain, eyes, and kidneys, reduce circulation to the legs and feet, stroke, chest pain, heart attack, heart failure (makes your heart work harder, raises blood pressure more), and blindness



Facts:



***Fresh Pork-** is not a high salt food, Diabetics and Low Sodium diets may have white pork- lean pork chops (center cut is the best), fresh pork loin or loin roast, Boston butt, and cutlets

-1 ounce of lean meat- 7 grams of Protein, 5 grams of Fat, 75 Calories and 50 milligrams of Sodium; fresh pork is low salt

***AVOID (Due to High Sodium)-** bacon, ham (country cured), sausage, other cured pork

***Sodium-** 1 teaspoon = 2000 milligrams of Sodium (Na+) is a 2 gram Sodium Diet

***NAS (No Added Salt)-** 4 Gram Sodium Diet, 4,000 mg. Sodium per day

***Salt-** Sodium Chloride

***Low Salt Diet used with-** Hypertension, High Blood Pressure, or problems with heart, kidney or liver; Low Salt Diet/2 Gram Sodium/2,000 mg./Day

***High Blood Pressure (HBP)-** common if have Diabetes, twice as likely to have HBP with Diabetes



What can I do?



***See your Physician-** ask about monitoring your Blood Pressure, your Goal

***See RD for help as needed**

***See FFF RD on line for help**

***Suggestions-** Exercise daily for 20 to 30 minutes, decrease weight if overweight, **STOP Smoking, AVOID areas where others smoke,** decrease amount of sodium,

limit alcohol, manage stress, decrease or limit caffeine, adjust your diet as needed that you eat

