



ELITE

Personal Training and Fitness Solutions

HEALTH TIP OF THE WEEK

9/6/2021: Salt and Potassium

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Too Much Salt - Too Little Potassium

In the the kitchen, salt almost feels like cheating. Adding just the right dash of salt instantly enhances the flavor of almost any savory dish – but there's a definite downside to this cheap and plentiful ingredient.

Research has consistently established the links between excess levels of dietary sodium and health issues – such as increased risk of cardiovascular disease.

At the same time, other studies have plotted the health impacts of insufficient potassium in people's diets, which also has a negative effect on blood pressure.

Reducing Your Risk

For example, a recent large study which followed 20,000 people over five years found that the group using a salt substitute experienced significantly less adverse cardiovascular events [stroke and heart attack] than those who regularly used salt.

This is an issue that affects most everyone since just about everyone consumes more salt and less potassium than they should. There are many tasty salt substitutes which have reduced sodium and increased potassium levels compared to regular salt which makes salt substitutes an inexpensive and healthy long-term choice.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

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Delicious Ways to Satisfy

Less Salt - More Flavor

There are many prepared salt-free spice mixes on the market. Plus, these spices and flavoring will add interest and depth to almost any dish:

- Garlic
- Lemon zest
- Fresh ground pepper
- Dill
- Dried onion or onion powder
- Balsamic vinegar
- Smoked paprika
- Coconut Aminos
- Red pepper flakes
- Cilantro

If you like to experiment with different flavors, and enjoy an eastern-influenced cuisine - try these on pork, fish or chicken or in your favorite vegetarian recipes, instead of salt.

- Ginger
- Cumin
- Coriander
- Turmeric
- Tarragon
- Nutmeg
- Cardamom

Sources of Potassium

Potassium supplements are readily available in most grocery stores, pharmacies, vitamin and supplement retailers, and often an ingredient in salt substitutes. Reaching ideal potassium levels doesn't need to be a pill. Get your potassium from delicious, healthy food! There many so many choices:

- Bananas
- Oranges
- Honeydew or Cantaloupe melon
- Cooked spinach or broccoli
- Leafy vegetables, like Swiss Chard
- Potatoes
- Sweet potatoes
- Mushrooms
- Zucchini
- Pumpkin
- Nuts
- Meat, poultry and fish
- Wild rice
- Whole wheat breads



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Take-Home Message

Decreasing salt in your diet is an important, easy and inexpensive way to improve your cardiovascular health! Why not give it a try?

Tip of the week 9/6, page 2