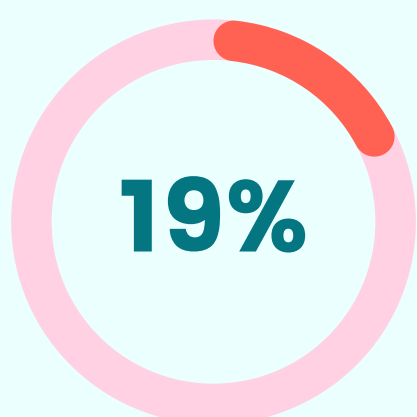


All About Sodium & Type 2 Diabetes

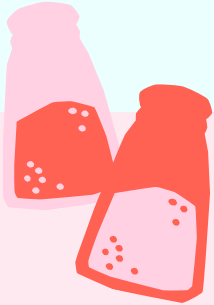
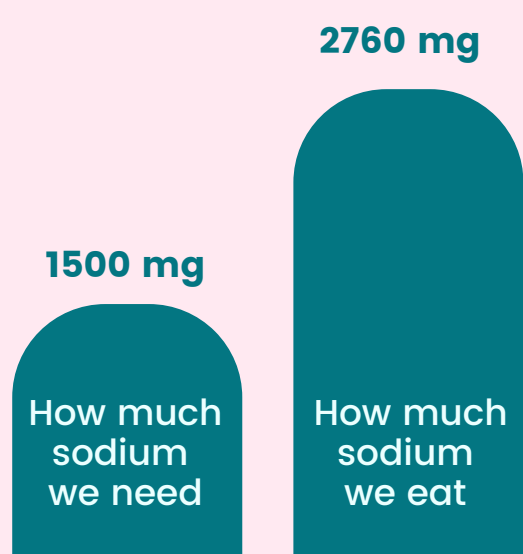
High blood sugar increases the risk of high blood pressure. A diet high in sodium also elevates this risk. High blood pressure raises your risk of heart disease and stroke.



A high sodium diet increases the risk of cardiovascular disease by 19%.

2x

Individuals with diabetes have twice the risk of having heart disease or a stroke.



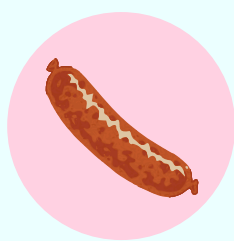
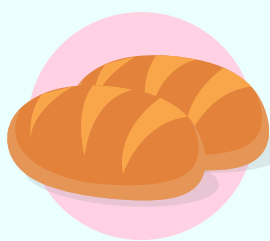
The majority of Canadians consume too much sodium.

One teaspoon of salt is equal to 2300 mg of sodium.



Sources of Sodium

Small amounts of sodium are found naturally in foods, but most is added to our foods during processing. Common sources include baked goods, processed meats, salty snacks, and ready-to-eat meals.



Tips for Reducing Sodium

Read food labels.

Choose foods with less than 5% DV of sodium. Look for "Reduced Sodium" and "No Added Salt".



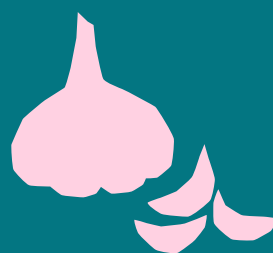
Cook your meals more often.

Make home-cooked meals and minimize adding salt when you do.



Add herbs and spices.

Use garlic, lemon juice, and fresh or dried herbs to add flavour.



References

- Diabetes Canada. (2018). High blood pressure and diabetes [Pamphlet]. <https://www.diabetes.ca/DiabetesCanadaWebsite/media/Managing-My-Diabetes/Tools%20and%20Resources/high-blood-pressure-and-diabetes.pdf?ext=.pdf>
- Sodium intake of Canadians in 2017. (2018). Health Canada = Santé Canada.
- Wang, Y.-J., Yeh, T.-L., Shih, M.-C., Tu, Y.-K., & Chien, K.-L. (2020). Dietary sodium intake and risk of cardiovascular disease: A systematic review and dose-response meta-analysis. *Nutrients*, 12(10), 2934. <https://doi.org/10.3390/nu12102934>

Warm Barley & Winter Vegetable Salad



Prep Time 1 h Total Time 1 h 40 m
Yields 2-3 servings

Ingredients

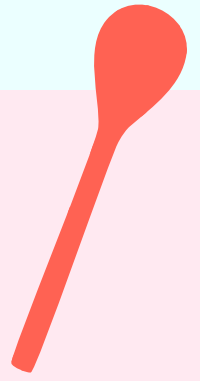
- 1 ½ cup (360 ml) cooked barley (pearled or whole grain)
- Pinch salt
- 1 1/2 Tbsp olive oil
- 1 Tbsp (15 ml) finely grated lemon zest
- 1 head cauliflower (or broccoli), cut into florets, OR 1 butternut squash peeled, seeded and cut into 1 ½ inch pieces
- 1 13 oz (400 ml) can unsalted cannellini, gigante, corona, or butter beans, rinsed
- ¾ cup (175 ml) soft fresh herbs (ex. parsley, mint, tarragon, chives, cilantro, or basil) OR flavourful salad greens (ex. arugula or watercress)

DRESSING

- 3 Tbsp (15 ml) fresh lemon juice
- 1 tsp (5 ml) grainy or Dijon mustard
- 1 clove garlic, grated
- Ground black pepper, to taste
- 3 1/2 Tbsp olive oil

Equipment Needed

- Medium pot, (for barley)
- Sieve or colander
- Measuring spoons
- Jar with tight fitting lid
- Rasp or fine grater
- Mixing spoon
- Baking sheet
- Oven and stove
- Mixing bowl



Directions

1. Preheat oven to 375°F.
2. Toss cauliflower with 1 Tbsp (15 ml) olive oil in a mixing bowl, to coat. Coat baking sheet with ½ Tbs olive oil (7.5 ml), spread oiled vegetables in a single layer on the sheet.
3. Roast vegetables for 30-40 minutes, tossing them half way through, or until golden brown and a fork goes evenly through the pieces.
4. Meanwhile, place lemon juice, mustard, pinch of salt, black pepper, and garlic into a jar with a tight-fitting lid. Shake mixture well, until fully mixed. Add remaining 3 ½ Tbs (52 ml) olive oil and shake again until fully mixed.
5. Once barley and vegetables are fully cooked, and have cooled, place in a medium mixing bowl and toss with salad dressing and the cannellini beans. Reserve 2 Tbsp of the herbs for garnish and add the rest of the herbs to the bowl and toss with the other salad ingredients.
6. Divide the salad between 2-3 plates and garnish each with a good pinch of the remaining herbs and the lemon zest.



Barley and roasted vegetables can be made in advance, cooled and stored in airtight containers in the fridge for up to 2-3 days. This salad is great warm, at room temperature or cold. Leftovers make a great lunch to bring to work the next day.