

HANCOCK HEALTHY TIMES

VOLUME 8, NUMBER 2

WINTER 2015

Hold back on eating too much salt

You might be surprised to know that cheese, pizza, and lunch meats have a lot of salt, according to the American Heart Association.

Salt has an important mineral called sodium.

Mrs. Althea Zanecosky, a registered dietician, recently told the *Healthy Times* that sodium can be good and bad for your health.

Special report:
Heart Health

Although salt makes food taste good, if you eat too much, it can harm your heart, she said. Why? Sodium keeps extra water in your body. Your heart will need to work harder to pump blood, she said.

As a result, some people develop health problems such as high blood pressure, health experts say. High blood pressure measures the force of blood pushing against the arteries. High blood pressure can lead to problems such as strokes and heart attacks.

Mrs. Zanecosky said you need some sodium in your diet to be healthy. It helps to get water into the body's cells.

(Please see Cut back on Page 2)

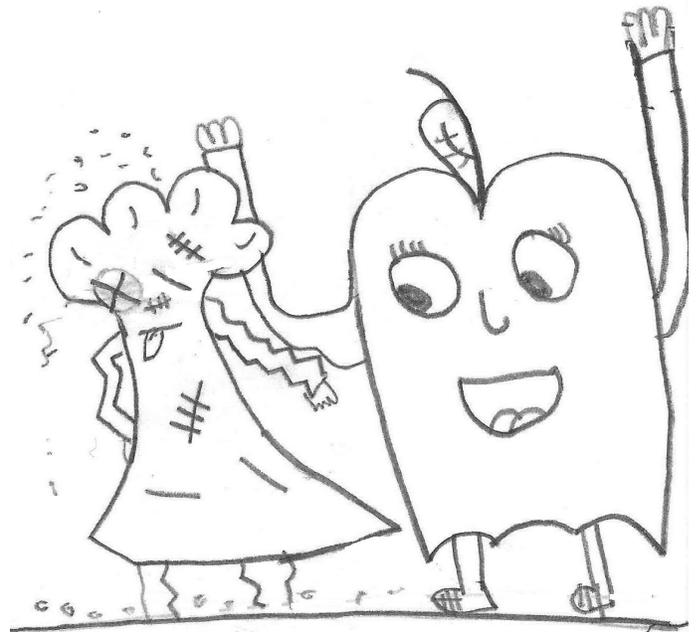


Illustration by Maya Matthews

"I just fought the salt," says the proud and healthy apple.

Low-salt popcorn is healthier option

Health experts say one way to lower the amount of salt in your diet is to look at nutrition labels.

The *Hancock Healthy Times* reporters decided to follow their advice. They read the labels of two types of popcorn and then they tasted them.

One was regular popcorn and one was popcorn that had less sodium. Sodium is a mineral in salt.

In their research, the reporters learned that too much sodium in a person's diet can cause health problems. One problem is high blood pressure, which can lead to heart attacks and strokes.

The *Healthy Times* reporters tasted Herr's popcorn—original and light. The original (or regular)

popcorn had 240 milligrams (mg) of sodium per serving. The light popcorn only had 50 mg per serving.

Of the 26 reporters who tasted both types of popcorn, 10 said they would recommend the light version. The other 16 said they would tell people that they prefer the original popcorn.

Joshua said he recommends the original popcorn, because "I like the texture." He said the light version had a "burnt" taste. Original popcorn is "so good that I want more and more and more," Liam said. "It was so buttery." He said the light popcorn was "OK, I guess. But if you like low-salt stuff, this is for you."

(Please see Try low-salt on Page 2)

We want to publish your letters! Please see Page 2.



Illustration by Jahiri Kenney

Did you know that aerobic exercise makes you breathe harder and work up a sweat? It also helps strengthen your heart, according to health experts.

Try low-salt popcorn

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Mia said she would try the light popcorn again. It's healthier, she said.

Even though she described the original popcorn as "yummy and delicious," she said she would not eat a lot for health reasons.

"I would not recommend the original popcorn because there is so much salt," Mackenzie H. said. "Only a couple of pieces make you get a drink."

She also said the light popcorn only has 50 mg of salt and three ingredients—popcorn, oil, and salt. Because it had less salt than the regular popcorn, she said she would recommend it. The original version has 11 ingredients.

Abigail said she liked both types of popcorn, calling the original version "great" and the light version "yummy."

Hancock Healthy Times

A publication of the Hancock Elementary School in the Norristown Area School District in Pennsylvania.

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A Healthy NewsWorks® project
www.HealthyNewsWorks.org

Healthy NewsWorks is a member of New Beginnings Non-profit Incubator at Resources for Human Development. Funders include Claneil Foundation and First Hospital Foundation.

Special thanks to The Edna G. Kynett Memorial Foundation for support of Healthy NewsWorks' Healthy-Heart Project. This document is protected by applicable law. All rights reserved.

Write a letter to a health leader

Editor's note: The letters below are written to Marc Vetri, a top Philadelphia chef. His Vetri Foundation runs the Eatiquette school-lunch improvement program at schools including Eisenhower Science and Technology Leadership Academy. Mr. Vetri also is a health leader featured in the books, Leading Healthy Change In Our Communities. Books have been donated to Hancock. Please consider writing your own letter to a leader. We may even publish it!

Dear Mr. Vetri,
I am glad that I'm going to Eisenhower so I can try your famous food. [I am glad] you can help kids who really need it. Some kids just like to play video games and eat junk food.
Sincerely,
Brayden

Dear Mr. Vetri,
I like what you do and I hope one day you can come to my school. Some day I wish to go to one of your many restaurants in Philadelphia. I think it's important that you teach kids how to dine correctly.
Sincerely,
Kevin

Dear Mr. Vetri,
I think your work is good ... because the Eatiquette program helps people be healthy. ... I think the round tables are great.
Sincerely,
Izabella

Cut back on salt

(Continued from Page 1)

She said that salt has been used in preparing food for a long time. It helps keep food from spoiling in the days before refrigeration.

Here are tips from the American Heart Association for reducing the amount of salt in your diet:

- * Eat more fresh fruit and vegetables.
- * If you have a choice between a food high in salt and low in salt, pick the one that is low in salt.
- * Watch out for food that is processed. Processed means that the company that made the food has added other ingredients. —*By Healthy Times staff*