

## Fill Up on Potassium to Lower Pressure

Doctors at Johns Hopkins Medical Institution say that diets rich in potassium not only reduce blood pressure, but they also blunt the rise in blood pressure that occurs in response to sodium intake.

According to John Appel, professor of medicine, epidemiology, and international health at Johns Hopkins, high intakes of potassium also reduce bone loss and can prevent kidney stone recurrence in men and women.

Dietary guidelines developed by American and Canadian scientists and released in 2004 recommend that people get 4,700 milligrams of potassium each day from fruits, vegetables, and juices.

A cup of baked acorn squash has about 900 milligrams. A banana has 900. Other good sources are: • spinach and other dark leafy greens • cantaloupes • oranges • tomatoes • winter squash • potatoes • beans • almonds • dairy products.

People taking medications for kidney problems or high blood pressure should be careful to follow their doctors' advice concerning potassium.

## Brighten Your Smile with Strawberries

Here's a quick tip on how strawberries can put a shine in your smile: To whiten teeth faster and cheaper, crush one strawberry (has malic acid) to a pulp, mix with 1/2 teaspoon baking powder, spread on teeth and leave for five minutes, and then brush with toothpaste.

Pamela Smith is a Registered Dietitian and nationally known radio and TV host. For more information, call 1-800-896-4010 or visit her website at [www.pamsmith.com](http://www.pamsmith.com). Her new book, *When Your Hormones Go Haywire*, provides natural solutions for women over 40.



## Enjoy a Tasty Bowl of Yogurt

Plain yogurt brings powerful health benefits to your table, but the taste can sometimes leave something to be desired. Dessert style yogurts aren't the answer because they reduce nutrients and add calories.

You can get the benefits of true yogurt and much more by creating your own mix with fruit. The following are some of the great health benefits of natural yogurt:

Studies published in the *American Journal of Clinical Nutrition* show that the potential health attributes of yogurt go far beyond boosting intake of protein and calcium. They include the ability to make the immune system more resilient.

The live and active cultures found in yogurt help to protect the intestinal tract. They have great potential as anti-infection agents. And they may help to increase resistance to immune-related diseases such as cancer and infection.

The recommended daily intake of protein varies for different groups of people. In general, the United States Department of Agriculture recommends that most people get two to three servings of high-protein food, such as yogurt, each day.

Calcium in yogurt does more than keep bones strong. Studies show a link



between calcium and normal blood pressure, to name just one of calcium's other functions.

Consider these suggestions for mixing your own concoction with yogurt:

- Sweeten smartly. When you add fruit, you can sweeten with all-fruit jam, honey, or applesauce.
- By adding fruit such as oranges, peaches, or pears to yogurt, you get the added nutrients in those foods, including vitamin C.
- Mix with dessert-style yogurt. Go half-and-half to lighten the calorie load. Even if you add a little sweetener, you still get the benefits of plain yogurt.
- Use yogurt, or sweetened yogurt, as a dip for vegetables or as a salad dressing.

### FRESH FRUIT SHAKE

Makes 2 servings

- 1/2 cup ice cubes
  - 1/2 cup fresh berries
  - 1/2 banana
  - 1/2 cup orange juice
  - 1 cup nonfat plain yogurt
  - 2 tsp. honey
  - 1 tsp. vanilla
- Serve with 1 slice of toast or 1/2 of an English muffin.



Place ice into a blender. Cover and crush. Add fruit and blend until smooth. Add remaining ingredients and blend until mixed well.

*Tip: Make your own "instant breakfast" by assembling these ingredients (except the ice cubes) in a blender before bed; cover and refrigerate. All you have to do in the morning is add crushed ice and push the blender button to create a delicious jump start to your day!*

From Pamela Smith's *Eat Well, Live Well*. Visit [www.pamsmith.com](http://www.pamsmith.com) for more information.

Each serving contains: 150 calories, 7.5 g. protein, less than 1 g. fat, 2 mg. cholesterol, 30 g. carbohydrates, 88 mg. sodium. Calories from fat 3 percent

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