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Some salads not so healthy

NEW RESEARCH RECENTLY published by Consensus Action on Salt and Health (CASH) shows that many seemingly healthy lunchtime salads and pasta bowls can contain more than one and a half times as much salt as a Big Mac and small French fries (2.5 grammes), while some contain hardly any salt at all.

The new study looked at 156 ready-made salads and pasta bowls from nine British high-street retailers, three coffee shops and two fast-food outlets.

While the average salad and pasta bowl contained 1.4 grammes salt, nearly one-fifth (19 per cent, 30 products) of all products surveyed contained more salt than the acceptable amount for one meal (that is, contained more than one third of our recommended maximum daily intake of six grammes).

At the other end of the scale, 51 products (33 per cent of those surveyed) had less than one gramme of salt per serving showing that it is possible to produce lower salt products.

Classic salads, for example with leaves, tomatoes and spring onions, are naturally very low in salt. **It is the ingredients that are added to this basic combination such as bacon, ham and cheese that add the salt.** Therefore, sourcing lower salt ingredients is how the salt levels can be reduced.

Furthermore it would appear that in many salads and pasta bowls, the dressings are contributing an unnecessarily large amount of salt. The choice of dressing is also important because it could add up to an additional gram of salt to the salad.

Where dressings are served in a pot or sachet separate from the salad, consumers can control how much they add. However, where dressings are already added to the salad, consumers have no choice on the quantity of dressing that they choose to eat.

"Many people think of a salad as a healthy lunch," said Professor Graham MacGregor, chairman of CASH and Professor of Cardiovascular Medicine. "In many cases this is true, and we would encourage people to look out for low salt, low fat salads as a good lunchtime option. However, our research shows that there are some salads out there which really ought to carry a health warning, rather than be thought of as a healthy option. Saving two to three grammes of salt a day may not sound like a lot, but research shows that people who reduce their salt intake by this sort of amount can reduce their risk of having a heart attack or stroke by a quarter."

Celebrating Barbados Heart & Stroke Week

GUARDIAN LIFE of the Caribbean Limited has once again teamed up with the **Heart & Stroke Foundation of Barbados Inc. (HSFB)** to stage a series of events in observance of World Heart Day.

This year, World Heart Day will be held on September 30, 2007. To commemorate this occasion there will be a church service at St Mathias Anglican Church in Christ Church.

Similar to last year, there will be a week of activities beginning with the Heart

Healthy Family Day scheduled for Saturday, September 29, at Ocean Park in Christ Church.

An open day at HSFB is scheduled for Tuesday, October 2, to be followed by the **Essay and Poster Competition Award Ceremony and Lecture** at Harrison College on October 4.

The Essay and Poster Competition began earlier this year and concluded on July 20. It targeted primary school students in two age categories, five to eight years and nine to 11 years, and was based on this

year's World Heart Federation slogan: **Team Up For Healthy Hearts.**

Students in the five to eight category were asked to paint or draw a poster using the theme **Team Up For Healthy Hearts**, while the nine to 11-year-olds were required to write an essay of not more than 350 words on the same topic. Youngsters were targeted in the competition since it gives them the opportunity to focus, at an early age, on good living and nutritional habits.

There is over \$4 000 in prizes to be won.

First prize in each category is a voucher valued of \$400, with \$200 for second place and \$100 for third. In addition, each prize winner will receive a one-year subscription to **National Kids Geographic Magazine.**

The school producing the winner in each category will be rewarded with a prize to the value of \$1 000.

The HSFB celebrations will conclude with a Fish Fry on October 6.

Timely aid for young Michael

YOUNG MICHAEL CLARKE is finding the going at the **Heart & Stroke Foundation of Barbados (HSFB)** quite enjoyable and rewarding.

The plucky 11-year-old suffered a stroke that affected the use of his right hand and leg, and, as an act of goodwill, the Foundation provided him with the services of its Cardiovascular Disease Prevention and Rehabilitation (CDP&R) programme (The Gym With A Difference) for a period of one year.

Kim Clarke-Grant, CDP&R manager, said: "We felt committed to coming to Michael's aid when we learned of the circumstances, and we are making every effort to ensure that he is well cared for and returned to his maximum level of fitness. Michael is provided with therapy and exercise training, the pace of which depends on his endurance level."

She said that a programme has been specifically designed according to Michael's tolerance, taking into account the weakness on his right side.

Now about two months into the programme, Michael attends sessions on Mondays, Wednesdays and Fridays, and has joined more than 90 clients who use



MICHAEL CLARKE (right) and his twin sister Susan go through their exercise session at the gym under the watchful eyes of Cardiovascular Disease Prevention and Rehabilitation's Paula Nurse.

and benefit from the programme on a weekly basis. And, while the other clients are mostly of a vastly different age bracket, Michael is able to fit in well with them, while, on their part, every effort is made to make him feel part of the family.

Clarke-Grant added: "We consulted with the physiotherapist at the QEH who worked with Michael, and at the Foundation he has the services of a special therapist who is used to working with children, who guides him through his programme of exercise, counseling and therapy."

She noted that the exercise programme included the use of the treadmill, exercise bike and weights, which is meant to correct the weakness on his right side, and the therapy helps him to re-learn basic

activities such as writing and dressing.

A former pupil of Cuthbert Moore Primary School, St Helens, St George, Michael passed the 11+ examination and will be going to Grantley Adams Secondary School from the coming term. He is happy to have his twin sister, Susan, join him during his exercise sessions at the gym. This helps him to feel more comfortable and relaxed.

Rose Clarke said caring for the needs of her son Michael was quite expensive, and thanked the HSFB for its kind gesture in providing the welcome and timely assistance. Help has also come from a number of other sources, including a monetary donation from S. C. Johnson and Company, which contributed towards the funding for Michael's training.



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