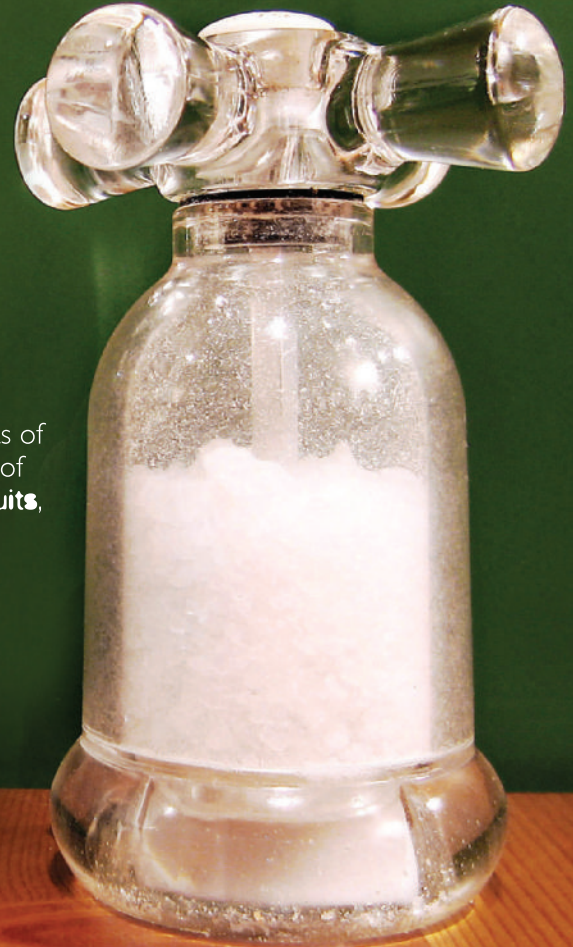


# SODIUM: Less is **More.**

Sodium is an essential mineral because it's necessary for fluid and electrolyte balance in your body. However, consuming too much salt (aka sodium) may lead to high blood pressure, a condition called hypertension. Consistent hypertension over time may increase your risk of congestive heart failure, coronary heart disease, stroke and kidney disease<sup>1</sup>. Although sodium is found naturally in many foods, this only accounts for about twelve percent of total sodium intake by the average American. Here are several steps you can take to reduce or prevent high blood pressure:



**1** Look out for "hidden" sodium in non-salty foods such as canned soups, canned vegetables, condiments, breads and vegetable juices. You don't have to worry about this when dining in the Terrace Café or the Gazebo because we make our food from scratch using fresh vegetables and ingredients.

**2** Eating a diet rich in potassium may counteract the effects of sodium on blood pressure and it may also reduce the risk of developing kidney stones<sup>1</sup>. Potassium-rich foods include **fruits, green leafy** and **root vegetables.**

**3** Being **overweight** can make you **two to six times more likely to develop hypertension**<sup>2</sup>. Keeping your weight in a normal range is not only beneficial for your overall health, it may help you maintain normal blood pressure as well.

1. US Department of Health and Human Services and Department of Agriculture. Dietary Guidelines for Americans 2005. [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines). Accessed May 10, 2007.

2. Web MD. Hypertension. <http://www.webmd.com/hypertension-highblood-pressure/guide/hypertension-overview-facts>. Accessed May 11, 2007.

**BON APPÉTIT**  
MANAGEMENT COMPANY

*food services for a sustainable future*®

**Andrews University**  
8525 University Blvd.  
Berrien Springs, Michigan 49104

## Terrace Café All You Care To Eat Dining!

MONDAY – FRIDAY  
Breakfast 7:00 a.m. – 10:00 a.m.  
Lunch 11:00 a.m. – 2:30 p.m.  
Supper 5:00 p.m. – 7:00 p.m.  
SABBATH  
Lunch 12:30 p.m. – 2:30 p.m.  
Supper 6:00 p.m. – 7:00 p.m.  
SUNDAY  
Brunch 10:30 a.m. – 2:30 p.m.  
Supper 5:00 p.m. – 7:00 p.m.

## The Gazebo À La Carte Dining

MONDAY – THURSDAY  
8:00 a.m. – 11:00 p.m.  
FRIDAY  
9:00 a.m. - sunset  
SABBATH  
Sunset - 11:00 p.m.  
SUNDAY  
11:30 a.m. – 11:00 p.m.