



## Condiment Caution

### Your health is important.

Because the Youens and Duchicela Clinic believes this, the following is brought to you in an effort to provide wellness information that you can use to help manage and maintain your health.

### This week, the focus is on awareness of what goes on your food.

Those who count calories and are concerned with food intake often focus on what is contained in their entrees, sides, and snacks. But hidden calories, fats, salt, and sugars can be found in often overlooked condiments.

What is added to foods can certainly turn even the healthiest foods into damaging traps. A baked potato—full of B, C, and G vitamins, plus many minerals and high-class proteins—can turn into an unhealthy addition to a meal when fully loaded with bacon, sour cream, butter, and cheese. Likewise, a nutritious tossed salad can pack quite a caloric punch when drenched with fatty dressing.

Some of the biggest condiment traps are staples in most households: ketchups, BBQ sauces, creamed gravies, and salad dressings.

Condiments can and certainly should be used to add flavor and fun to what you eat, but caution should be exercised in using too much. Additionally, those on a strict diet whether due to a disease like diabetes or because of weight management issues should be aware of what condiments are being consumed.

### When using condiments, be aware of the following:

1. SERVING SIZE
2. CALORIES PER SERVING
3. CALORIES FROM FAT
4. SODIUM



**All of this information can easily be found on the food label of a product.**

When adding condiments to a meal or snack, many individuals will use much more than one serving. A serving of ketchup, for instance, contains 8% of one's daily value of sodium and 4 grams of sugar. But a single serving is only one tablespoon. Smothering fries or a burger with ketchup may result in the serving being tripled or quadrupled.

Likewise, calories "per serving" on a food label should be multiplied by how much is being consumed to calculate intake. Again, it is likely an individual consumes more than one serving of ketchup with certain foods—so the "15 calories per serving" that is associated with one tablespoon should also be multiplied.

While some calories may not seem excessive in a serving of a particular condiment, be aware of how many of those calories are from fat. A 2 tablespoon serving of ranch dressing to cover a salad contains 130 calories—but 120 of those are from fat. What that means is that there is very little nutritional value in the product.

Condiments can also be salt traps. If high blood pressure is a concern, stay away from sodium-packed condiments. One tablespoon of sweet-tasting steak or BBQ sauce contains approximately 10% of the daily value of sodium.

Condiments can be powerful additions to food, but using them sparingly and reading labels will ensure smart, healthy decisions are made when consuming them. This will help contribute to total body wellness.

*The information provided here is not to be used as a substitute for medical attention. Remember that, should you have specific medical questions or desire more information, contact your doctor.*