

# Unique Nutrition

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Hi. I am Ayaka and have lived in Brisbane for over 10 years. I was educated mostly in Japan and had various kinds of jobs such as accountant, teacher-aid, cook, waitress and the list goes on. When I was in Japan, I didn't mind any jobs. (Luckily there was no bullying and almost all bosses and co-workers were very nice!) However after I had a very stressful job in Brisbane, I thought I should do something that I really like. While nursing my second daughter, I realised how much I was obsessed with foods, eating and cooking. (And observing how and what everyone else was eating too!) That's why I studied Nutritional Medicine and became a nutritionist. I am amazed at the power of food every day. My dream is to make people eat real food and achieve optimal health. Healthy bodies create plenty of happiness! (I believe)



## Are you avoiding salt?

Thanks to the media, we have been afraid of salt for decades. According to the Australian government Department of Health and the New Zealand Ministry of Health, its suggested dietary target has been determined as 2000mg per day. (as of 2015) In the recent study<sup>\*1</sup> the researchers found that consuming less than 3,000 mg of sodium per day was associated with a 27 percent **increase** in cardiovascular disease (CVD) and death. Consuming between 3,000 mg and 6,000 mg of sodium each day was found to be associated with a lower risk of CVD and death. Consuming more than 6,000 mg per day was associated with a 15 percent increase in CVD and mortality. Another study<sup>\*2</sup> found that consuming more than 1,500 mg of potassium per day was associated with a significantly reduced risk of CVD and mortality. So let's enjoy salty taste but in a healthy manner! Kale is rich in potassium. Why don't you try kale chips with Himalayan salt?



## Kale chips

(serve 3)

### Ingredients:

2-3 stems of Kale  
(organic is preferable)  
1-2 TBS of coconut oil  
½-1 TS of Himalayan rock salt

### What you need:

Baking sheet, kitchen paper, oven tray  
(35cm x 35 cm)

### Direction

- 1) Wash kale thoroughly & tear them into bite size pieces. Keep the stems for another meal (e.g. smoothie)
- 2) Dry the kale with kitchen paper & line them on the baking tray with baking sheet on. Preheat the oven 100 °C.
- 3) Coat coconut oil well with hands.
- 4) Bake for 1 hour or until they get crunchy.
- 5) Sprinkle Himalayan rock salt & enjoy!



Ref.: Adams C. Pure Water. Logical Books, 2011©GreenMedInfo

\*1 O'Donnell M et al. (2014) *Urinary sodium and potassium excretion, mortality, and cardiovascular events.* N Engl J Med.371(7):612-23.

\*2 O'Donnell M, et al. (2011) *Urinary sodium and potassium excretion and risk of cardiovascular events.* JAMA. 2011 Nov 23;306(20):2229-38.

Images: <http://www.med-health.net> & <http://www.smh.com.au>