

Sodium

Are you getting too much?

Mary Clare Stalp, RD, LMNT



Trying to be Careful

- A pinch on your baked potato
- A dash on your scrambled Eggs
- Potato chips once in a while
- Sausage and cheese on sandwiches
- Canned soups infrequently



Why we need Sodium

- Helps maintain the right balance of fluids in our bodies
- Helps transmit nerve impulses
- Influences the contraction and relaxation of muscles



The Role of Kidneys

- Low Sodium level – kidneys conserve (save) sodium in the body
- High Sodium level – kidneys excrete excess amount in urine



What if Kidneys don't work well

- Sodium accumulates in blood
- Sodium attracts water
 - Blood volume increases
- Heart has to work harder to move more blood through blood vessels
- Blood pressure goes up
- Congestive heart failure, cirrhosis, chronic kidney disease can result

How much Sodium do we need?

- Most recommend between 1500 and 2400 milligrams per day
 - 2400 milligrams is about 1 level tsp of table salt
 - 2010 Dietary Guidelines now suggest limiting sodium intake to no more than 1500 milligrams

You Know You Don't Use that amount of table salt

You are right!!!

5% added while cooking

6% added while eating

12% from natural sources

77% from processed and prepared foods



3 Main Sources of Sodium

- Processed and prepared foods
 - Canned vegetables, soups, luncheon meats, frozen foods
 - Used as a preservative
- Sodium-containing condiments
 - Soy sauce, broth cubes, garlic salt, etc.
- Natural sources of Sodium
 - Meat, poultry, dairy products
 - 1 cup of milk = 107 mg. of Sodium
 - Small amount when compared to processed food levels

How to Cut Sodium

- Eat more fresh foods
 - Fresh meat vs. Deli
- Opt for Low-Sodium Products
 - Buy Small amounts
- Remove Salt from recipes when possible
 - Be careful with baked goods

How to Cut Sodium

- Limit use of Sodium-Laden Condiments
 - Salad dressings, sauces, dips, ketchup, mustard
- Use herbs, spices and other flavorings to enhance flavors
 - Many spices do not contain sodium
- Use salt substitutes wisely
 - Potassium chloride might or might not be a good idea
 - Herb-based spice blends

How to Cut Sodium

- Use only part of seasoning packets for rice, pasta, soups
- Rinse and drain canned foods
- Taste your food before salting



Salt is an Acquired Taste

- Decrease us of salt gradually
- Cut back on what you add
- Read labels



Read Labels

Sodium Free: Less than 5 mg/svg
Very Low Sodium: 35 mg or less/svg
Low Sodium: 140 mg or less/svg
Reduced or Less Sodium: 25% less than regular version
Light in Sodium: 50% less sodium than regular version
Unsalted or no salt added: no salt added during processing

Read Labels

- Percent Daily Value (DV) on Nutrition Facts panel can help you.
- 5% or less of the DV for sodium – considered low sodium
- 20% or more of the DV for sodium – considered high sodium