

HEALTH & WELLNESS

SHAKE YOUR SALT HABIT

September 2010

NUTRITION NEWS

Health & Wellness Series

Sodium and Your Health

References:

American Heart Association:

<http://www.americanheart.org/presenter.jhtml?identifier=4708>

Center for Disease Control and Prevention:

<http://www.cdc.gov/salt/publications.htm>

1 teaspoon of table salt contains **2,300 mg** of Sodium!

Sources of Sodium in Average American Diet



- 5% added while cooking
- 6% added while eating
- 12% from natural sources
- 77% from processed and prepared foods

<http://www.mayoclinic.com/health/sodium>

What is Sodium?

Sodium is an essential nutrient needed to maintain proper hydration levels in the body, help transmit nerve impulses, and influence the contraction and relaxation of muscles.

Where is Sodium Found?

Most foods naturally contain some amount of sodium. Most of our sodium intake comes from processed foods such as soups, sauces, condiments, canned foods, and “boxed” meals/mixes.

Why is Sodium an Issue?

High dietary sodium intake is **directly linked to high blood pressure**, which contributes to cardiovascular disease and stroke. Not to mention the extra work your kidneys have to do in order to eliminate excess sodium from the body!

How Much Sodium Do You Need?

Consume no more than 2,400 mg of sodium per day. Optimal levels would be an intake of 1,500 mg per day, especially for individuals with high blood pressure, diabetes, or other cardiovascular disease.

What can you do?

Pay attention to food label values and choose low or reduced sodium foods, buy frozen or fresh vegetables instead of canned items, use herbs and spices such as oregano, dill or basil for flavoring when cooking, cut back on frozen dinners, pizza and other prepackaged foods- Taking a little extra time to prepare meals for you and your family is worth it!

Your taste for salt is acquired; therefore, it is possible to acquire a taste for less!

READ THE FOOD LABELS:

Example: Oscar Mayer Deli Fresh Meats, Ham, Smoked, 97% Fat Free, Thin Sliced

Nutrition Facts

Amount Per Serving		% Daily Value*	
Calories	50	Calories from Fat	10
Total Fat 1.5 g 2%			
Saturated Fat 0.5 g 2%			
Trans Fat 0 g			
Cholesterol 25 mg 8%			
Sodium 720 mg 30%			
Potassium			
Total Carbohydrate 0 g 0%			
Dietary Fiber 0 g 0%			
Sugars 0 g			
Sugar Alcohols 0 g			
Protein 10 g			
Vitamin A			
Vitamin C			
Calcium			
Iron 0.72 mg 4%			

% Daily Value for Sodium based on **2,400mg** limit.

With only **3 slices** of this deli meat, you've already consumed nearly half of your daily sodium limit!

Consider when reading labels:

-5% Daily Value or less = **low sodium**

-20% Daily Value or more = **high sodium**

Do not exceed a total of 100% Daily Value for sodium from all foods in a day.