

SODIUM – PART II

For many Americans, watching sodium levels and finding ways to reduce their intake is an important part of a healthy diet. According to the American Heart Association, **adults with no medical issues** should consume less than **2,300 mg/day**. **Adults** who are **over 50**, or have health conditions such as **high blood pressure, chronic kidney disease, or diabetes** should limit their intake to less than **1,500 mg/day**.

USEFUL DEFINITIONS

Sodium-free – less than 5 mg of sodium per serving.

Very low-sodium – 35 mg of sodium or less per serving.

Low sodium – 140 mg of sodium or less per serving.

Reduced sodium – usual sodium level is reduced by 25 percent.

Unsalted, no salt added, or without added salt – made without the salt that’s normally used, but still contains the sodium that’s a natural part of the food.

REDUCING SODIUM

- Eat “FRESH” foods whenever possible.
- Opt for “low sodium” products if you chose processed foods.
- Remove salt from recipes whenever possible – except in baked goods....leaving out salt could affect the quality and taste.
- Use herbs, spices, and other flavorings to enhance foods.
- Use salt substitutes wisely - many salt substitutes contain potassium instead of sodium. However, too much dietary potassium can be harmful for people who have kidney problems, congestive heart failure, or high blood pressure.

SEA SALT

Many people use sea salt with the belief that it has less sodium than table salt, and is therefore a healthier alternative.

Although sea salt is less processed than table salt (meaning it has not been stripped of some trace minerals and elements), it contains the same amount of sodium as table salt.

FACT

1 TSP salt

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2,300 mg of sodium