

Sodium



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Most Mississippians consume more salt than they need. One key to eating healthy is reading your food label and choosing foods low in salt and sodium.

Table salt is made of sodium and chloride. Most of the sodium in our diet is from salt. The current recommendation for daily intake of salt is a maximum of **2,400 milligrams**. That equals about one teaspoon of salt a day. This includes the salt in your food as well as the salt you add to season your food. All salt intake should be less than 2,400 mg daily.

But if you have high blood pressure or a family history of high blood pressure, heart attack or stroke, then the Heart Association recommends that amount be restricted to only **1500 milligrams daily**.

Do not be fooled by other labels for salt such as “sea salt” or “kosher salt” these are all salt and have sodium. Look at the food label!

Too much sodium leads to very seri-

ous health problems. Sodium is necessary for daily cellular function. It is used to maintain water balance in the cell. However, if we constantly eat too much sodium we develop high blood pressure or hypertension which leads to heart attack and stroke. This is because we retain more water in our cells when sodium is present to keep the balance of water healthy. But this constant water retention in the cells is not healthy.

Some ways to lower sodium intake is to season food with other herbs and spices such as oregano, parsley, curry, lemon, basil, bay leaves tarragon etc

Be wary of artificially sweetened foods as these usually have high sodium content. Also, foods such as soy sauce, pickles, mustard and baking soda have high sodium content.

Salt has no calories but does affect body weight in that a low sodium diet helps shed excessive water weight whereas as a high sodium diet will cause water retention weight.

Cholesterol	0mg	0%
Sodium	220mg	9%
Total Carbohydrate	20g	7%
Dietary Fiber	2g	
Sugars	8g	
Protein	14g	

1500 mg Maximum Daily Allowance if:

- Over 40 yrs old
- African American
- Have high blood pressure

Dangers of Too Much Sodium:

- Increased blood pressure
- Heart attack
- Stroke
- Water retention
- Osteoporosis

Most Sodium comes from Processed Foods and Restaurant Foods