Halt the Salt: The Buzz on Sodium

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Salt & Sodium: What is the Difference?

- Salt ≠ Sodium
- Salt = Sodium Chloride
- 90% of sodium consumed is in the form of salt (sodium chloride)
- 10% of sodium consumed is naturally found in foods, used to enhance flavors, preserve foods, retain moisture and act as a food additive
Sources of Sodium

- **Beware!**
  - Most of the sodium in our food supply is invisible in processed and restaurant foods

- Typical High-Sodium foods:
  Bacon, luncheon meats, chips, French fries, and canned and frozen goods

- Some Hidden Sources:
  Any smoked foods, foods that contain MSG, baking soda/powder, breads, cereals, and sweets
Most Sodium Comes from Processed and Restaurant Foods

- Processed and restaurant foods: 77%
- Naturally occurring: 12%
- While eating: 6%
- Home cooking: 5%
Sodium is EVERYWHERE!
How much do I need?

- Your body needs only a small amount of sodium each day.

- Among healthier populations:
  - <2,300mg/day

- Among special populations (70 percent of U.S. adults):
  - <1,500 mg per day

- Average daily sodium intake: >3,400 mg/day

- This is equivalent to eating more than 3 pounds of salt per year!
Salt is something you’ve learned to like.

You must retrain your taste buds.

Wouldn’t We All Miss The Taste?

Studies show that gradually reducing the amount of salt you eat, reduces your desire for it.

These small, gradual changes are hardly detectable and can have dramatic health benefits!
Why do I have to?

- Leading causes of death in the US:
  - Cardiovascular Disease
  - Stroke

- One of the **most promising strategies** to decrease the prevalence (and consequences) of the above is to **lower sodium content of the diet**.

- High blood pressure is a primary risk factor for heart disease and stroke.
What’s in it for You?

- Increased sodium in the diet → increased blood pressure → increased risk for heart attack and stroke.

- A difference is really seen within weeks when salt intake is reduced!

- Even people with blood pressure within normal ranges can benefit from sodium reduction!

Reducing Salt = Reducing Mortality
Living Longer and Prospering!!
# Tips to Halt the Salt

- **At the Store:** read labels! Choose more fresh or plain frozen meats, fruits, and vegetables.

- **In the Kitchen:** adjust your recipes to gradually reduce salt, using more herbs and spices to season foods.

- **At the Table:** use the salt shaker sparingly, taste the food before you salt it.

- **At The Restaurant:** order foods without sauces/dressings or ask for them on the side.
In Summary...

Sodium is everywhere!

Be a savvy consumer (both in eating and shopping!)

Lifetime high sodium diet (regular diet) \(\rightarrow\) high blood pressure \(\rightarrow\) increased risk for developing stroke and heart disease (among the top three leading causes of death in America)

Small, gradual changes over a period of time can make a **HUGE** difference!

Do this for YOU!
Thank You!

Any Questions?