

Halt the Salt: The Buzz on Sodium

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Salt & Sodium: What is the Difference?

- Salt \neq 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

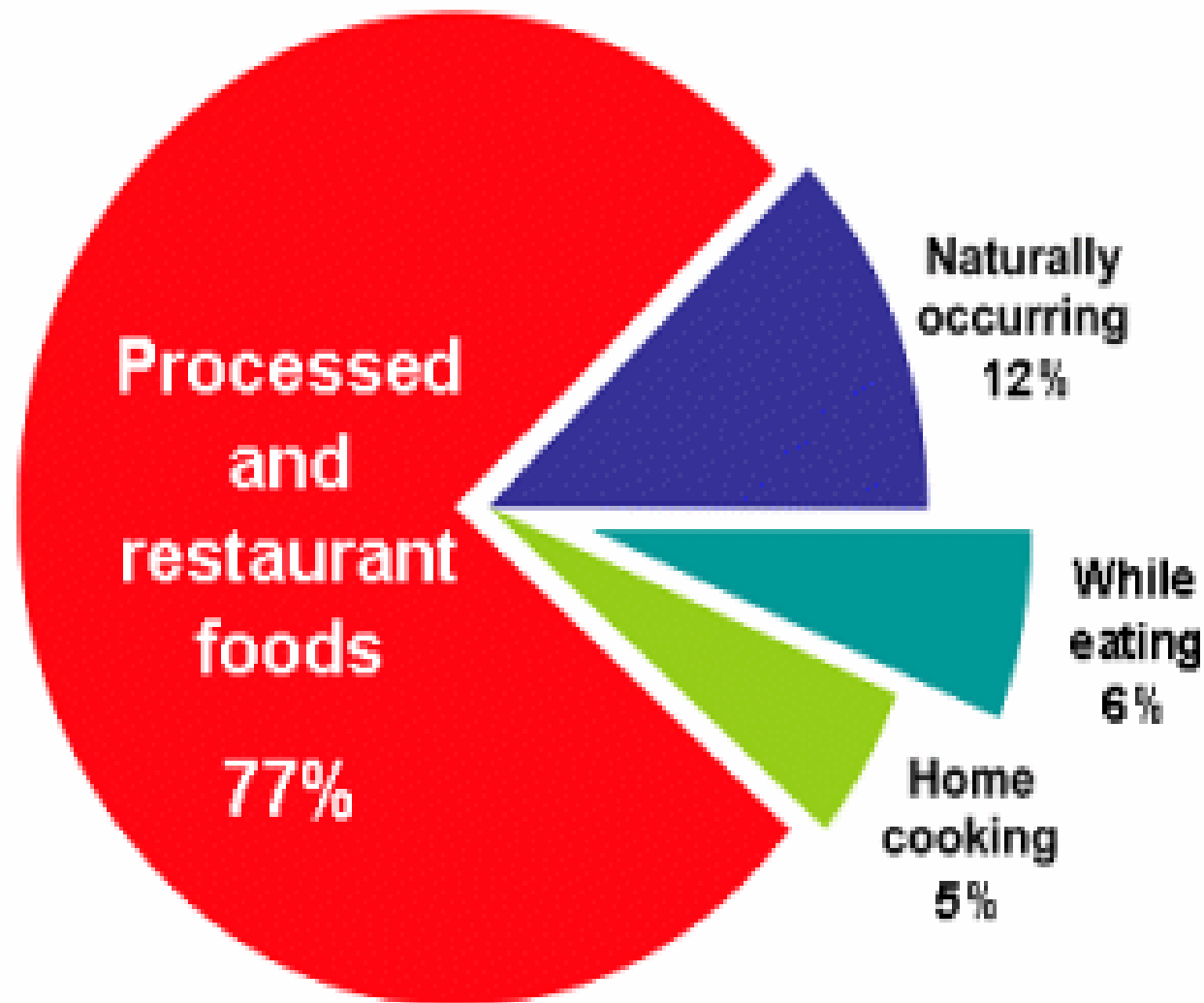


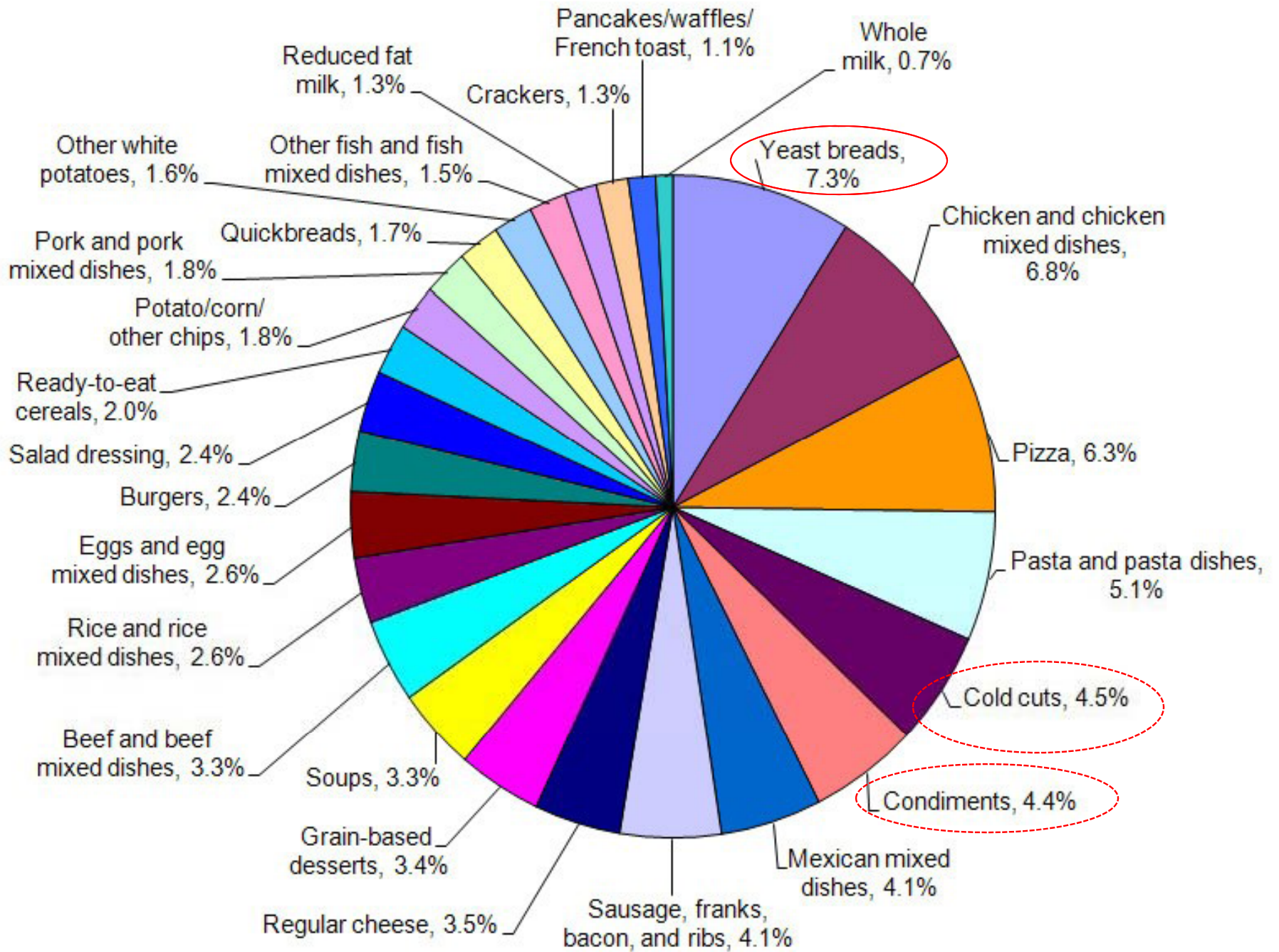
Sources of Sodium



- **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





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!

But It Tastes So Good...



- 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) → high blood pressure → 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?

