

Sodium Intake and Hypertension



SODIUM

- Sodium is an important mineral that performs many essential functions for your body including cellular function, fluid regulation, and electrolyte balance.
- Sodium is found in most foods you eat. Although it is found in much higher amounts in processed and packaged foods like chips, frozen dinners, and fast food.
- Those who are more at risk for salt sensitivity include: people who are middle-aged or elderly, overweight or obese, and African Americans.

HYPERTENSION

- Over time, excessive salt intake can lead to high blood pressure (hypertension) which stiffens and narrows the blood vessels.
- Blood and oxygen flow to key organs decreases, so the heart has to try harder to pump blood, which in turn increases blood pressure.
- This weakens the heart muscle and artery walls, which can lead to heart disease and stroke.
- Hypertension can also impair the kidneys' ability to regulate fluid, which also increases blood pressure and can lead to kidney disease or kidney failure.

LIFESTYLE CHANGES THAT CAN HELP

- Read the nutrition label to limit your sodium intake to less than 2,300 mg/day.
- Add flavor without adding sodium.
- Buy fresh, frozen (no sauce or seasoning), or low-sodium or no salt canned vegetables.
- Rinse sodium-containing canned foods.
- Exercise regularly.
- Consider your condiments.
- Make lower sodium choices at restaurants.



Low-Sodium Foods:

- Fresh/frozen fruits & vegetables (without sauces)
- Grains & beans
- Fresh/frozen meat & poultry
- Fresh/frozen fish
- Eggs & whites
- Olive oil
- Avocado oil
- Milk
- Yogurt
- Low-sodium cheese
- Unsalted butter
- Whole wheat bread
- Unsalted crackers
- Tea
- Coffee
- Unsalted nuts
- Low sodium soups

NUTRITION LABEL: SODIUM

Servings Per
Container

Calories

Nutrition Facts

4 servings per container

Serving size 1 1/2 cup (208g)

Amount per serving

Calories

240

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 430mg **19%**

Total Carbohydrate 46g **17%**

Dietary Fiber 7g **25%**

Total Sugars 4g

Includes 2g Added Sugars **4%**

Protein 11g

Vitamin D 2mcg **10%**

Calcium 260mg **20%**

Iron 6mg **35%**

Potassium 240mg **6%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories

Serving Size

% Daily Value
(%DV)

- The Daily Values are reference amounts of nutrients to consume or not exceed each day. **The DV for sodium is less than 2,300 mg/day.**
- Percent Daily Value shows you the % of the daily value for each nutrient in a serving of the food and how much it contributes to your total daily diet. Choose foods to get less than 100% DV of sodium each day.
- 5% or less of DV is considered low, and 20% or more is considered high.
- Pay attention to servings. Most nutrition facts are based on 1 serving of food. Check the number of servings you are eating or drinking.

- Salt/sodium free = less than 5 mg per serving
- Very low sodium = 35 mg or less per serving
- Low sodium = 140 mg or less per serving
- Reduced sodium = at least 25% less than original product
- Lightly salted = at least 50% less than original product
- Unsalted = no salt added during processing, but it may not be salt/sodium free unless stated