

SODIUM

TO YOUR HEALTH - PATIENT EDUCATION HANDOUT

HOW MUCH DOES THE BODY NEED

The minimum sodium requirement is 500 milligrams per day for adults. This is a generous amount considering that we really need only about 200 milligrams. The American Heart Association recommends that adults get no more than 2,000-2,500 milligrams per day which is equivalent to about 1 teaspoon of table salt. The typical North American intake ranges from 3,000 to 7,000 milligrams per day. Sodium deficiency and toxicity are not often seen.

SODIUM AND FOOD

The breakdown of sodium in the diet shows that 10% is found naturally in food, 75% is found in processed foods and 15% of salt is added in home cooking or at the table. Be aware that while many foods do not taste salty, they may indeed have a high sodium content. For example, one ounce of Kellogg's Cornflakes has twice as much sodium as an ounce of Planter's cocktail peanuts. It is important, if you need to monitor your sodium intake, to read labels for other common sources of sodium in processed foods: sodium nitrite (a curing agent in meats), sodium phosphate (an emulsifier found especially in processed cheeses), sodium bicarbonate, or baking soda (found in baked goods), monosodium glutamate (MSG), sodium bisulfate, sodium propionate, and sodium saccharin.

FOLLOW THESE GUIDELINES WHEN READING LABELS

- Sodium free - less than 5mg per serving
- Very low sodium - less than 135mg per serving
- Low sodium - 140mg or less per serving
- Reduced sodium - 75 percent reduction in sodium from that usually found in a product
- Unsalted, no salt added, without added salt - food processed without salt which ordinarily have it; (example "no salt added" pretzels or potato chips)

WAYS TO CUT BACK ON SODIUM:

- Use fresh or frozen vegetables which are lower in sodium
- Drain the juice in canned vegetables and run under warm water to flush out added sodium.
- Rinsing canned tuna with tap water for a minute will remove 80% of the sodium.
- Gradually cut back on the use of the salt shaker (use a salt shaker with smaller holes).

- Taste food before you salt it. Studies show that one out of four people salt out of habit.
- Substitute herbs and other seasonings for salt.
- Reduce the amount of salt in recipes.
- Ask for dishes to be cooked without salt, if possible in restaurants.
- Use salt substitutes, but be aware of the increased potassium content.

HIGHER SODIUM FOODS

Food	Amount	Sodium (mg)
Salt (table)	1 tsp	2,000
Sauerkraut	1 cup	1,960
Pickles, dill	1 large	1,827
Clam chowder (canned)	1 cup	1,808
Chicken broth, from cube	1 cup	1,536
Beef broth, from cube	1 cup	1,197
Ham, boneless, roasted	3oz	1,177
Soy sauce	1 Tbs	1,152
Cream of Potato soup	1 cup	1,029
Beef, dried	1oz	1,000
Tuna canned	3oz	954
Salmon, smoked	1oz	890
Hot chili peppers, canned	1 pepper	856
Olives, green	10	827
Ham, luncheon meat	2oz	810
Pretzels	1 cup	756
Canadian bacon	2 slices	719
Salami, pork	1oz	642
Hot dogs	1oz	641
Turkey lunch meat	2oz	608
Pepperoni	5 small slices	560
Roquefort cheese	1oz	513
American cheese	1oz	461
Cottage cheese	4oz	459
Parmesan cheese	1oz	449
Blue cheese	1oz	395
Wheaties	1oz	355
Total cereal	1oz	352
Cornflakes	1oz	352
Bacon, cooked	3 slices	303
Sausage	1 link	240

Call the Wellness Center for more nutrition information at (618)536-4441.



Southern
Illinois University
Carbondale

Student Health Center

WWW.SIU.EDU/~SHC

This information is for educational purposes only. Consult your doctor for specific medical advice, diagnosis and treatment.

618-453-3311

Dial-A-Nurse is available after-hours until 10:30 p.m. during fall and spring semesters. In case of emergency dial 911.