

# Reducing Sodium

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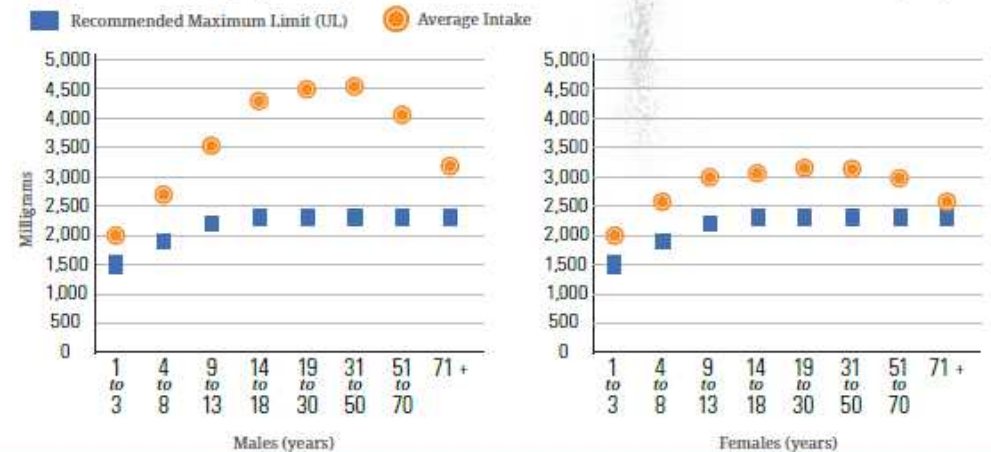
May 28, 2019

# Why reduce sodium?

- Excess sodium intake increases risk for cardiovascular disease, kidney disease, stomach cancer.
- Reducing sodium intake may help control edema (i.e. COPD and cirrhosis).
- Average daily sodium intake in the United States is 3,440 mg

Figure 2-13.

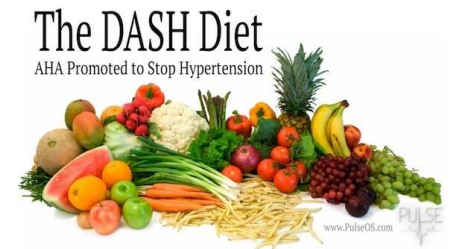
Average Intake of Sodium in Milligrams per Day by Age-Sex Groups, Compared to Tolerable Upper Intake Levels (UL)



DATA SOURCES: What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group; Institute of Medicine Dietary Reference Intakes for Tolerable Upper Intake Levels (UL).

# Current Guidelines

- Dietary Guidelines for Americans (2015-2020) recommends <2,300 mg sodium/day
- American Heart Association recommends 1,500 mg sodium/day for ideal heart health



# Where is all of the salt coming from?

- Only a small proportion is from sodium inherent in foods or from salt added in home cooking or at the table.
- Most sodium consumed in the United States comes from salts added during commercial food processing and preparation.



# How to Reduce Dietary Sodium

- Use the *Nutrition Facts* label to compare sodium content of foods
- Choose fresh, frozen (no sauce or seasoning), or no-salt-added canned vegetables.
- Choose fresh poultry, seafood, pork, and lean meat, rather than processed meat and poultry.
- Eat at home more; average entrée at top chain restaurants contains 1,500 mg of sodium.
- Limit sauces, mixes, and “instant” products, including flavored rice, instant noodles, and ready-made pasta

# Nutrition Facts Label

Sample label for  
Macaroni & Cheese

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g) Servings Per Container 2	
<b>Amount Per Serving</b>	
<b>Calories</b> 250	Calories from Fat 110
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	15%
Trans Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

\*Percent Daily Values are based on a diet of other people's secrets. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Check the Serving  
Size and Calories

Limit saturated  
fat, trans fat,  
cholesterol and  
sodium.

Eat enough  
fiber, vitamin A,  
vitamin C,  
calcium and iron

A % Daily  
Value below  
5% is low and  
above 20% is  
high.

- Check the serving size and servings per container
- Focus on milligrams of sodium
  - Aim for 140 mg or less
  - Limit foods with >300 mg
  - % Daily Value is based off of 2,400 mg/day

# Tricky Food Labeling

Sodium-related terms you may see on food packages:

- **Sodium-free** – Less than 5 mg of sodium per serving
- **Very low sodium** – 35 mg or less per serving
- **Low sodium** – 140 mg or less per serving
- **Reduced (or less) sodium** – At least 25 percent less sodium per serving than the usual sodium level

