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SODIUM GUIDELINES AND YOU

According to the Centers for Disease Control and Prevention, Americans consume an average of 3,400mg of sodium daily. This is the same as 1 ½ teaspoons.

QUICK FACTS

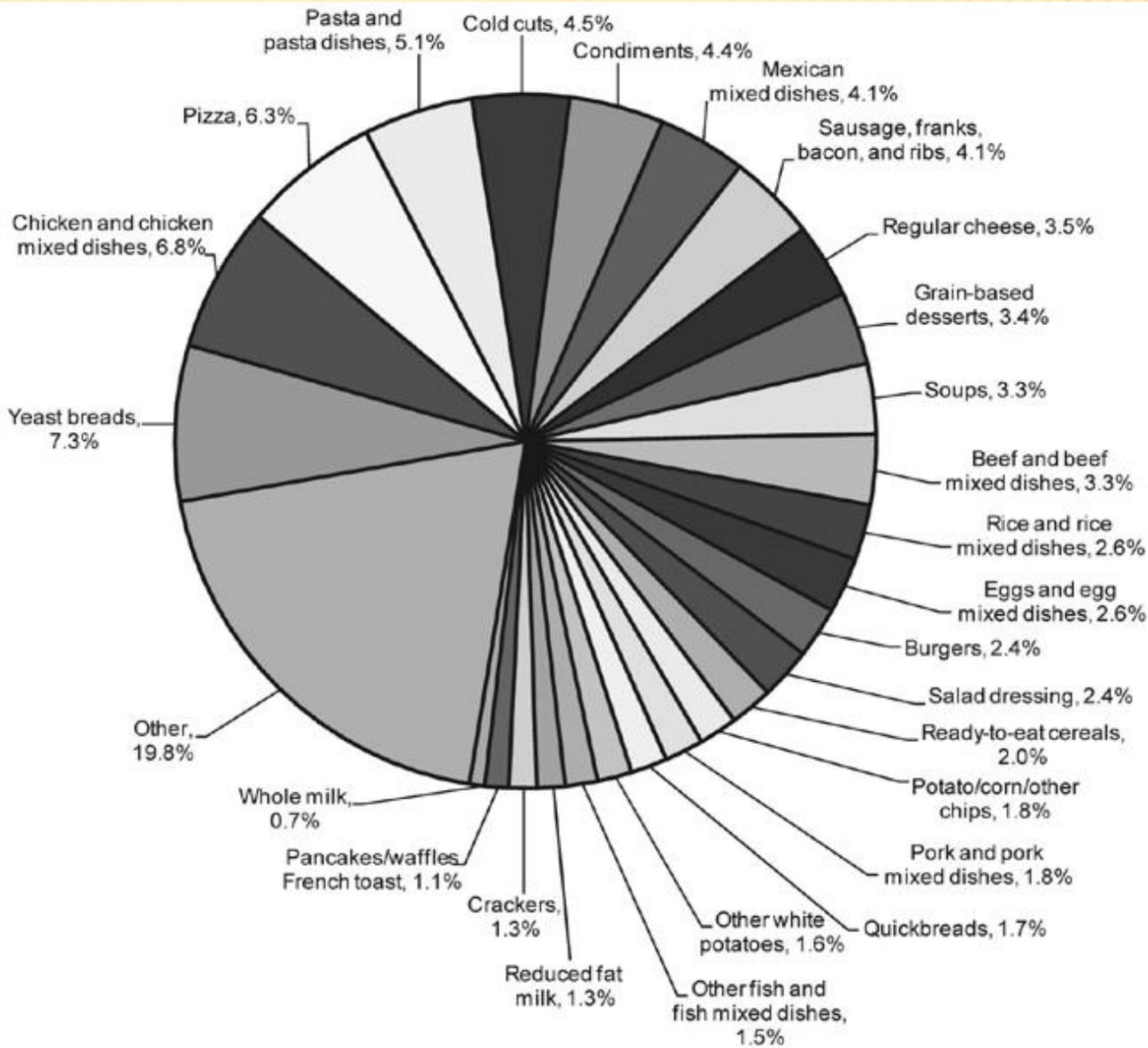


- ✘ Most sodium is consumed in the form of sodium chloride (commonly known as table salt).
- ✘ Processed foods account for most of the sodium and salt consumed (includes bread, prepared dinners, pizza, cold cuts, bacon, cheese, soups, and fast foods).
- ✘ Even items you would not expect to contain sodium might, such as soy sauce and antacids.
- ✘ Kosher salt and sea salt are just that — salt.
- ✘ Natural sodium in foods accounts for only 10% of intake.
- ✘ Discretionary use (table salt and cooking salt) accounts for 5 to 10% of intake.
- ✘ Remaining 75% comes from processed foods and foods eaten away from home.

SOURCES OF SODIUM

- × Water
- × Processed foods
- × Pickled foods
- × Table salt
- × Baking soda
- × Monosodium glutamate (MSG)
- × Various seasonings
- × Additives
- × Condiments
- × Meat/Shellfish
- × Fish
- × Poultry
- × Dairy foods
- × Eggs
- × Smoked foods
- × Foods preserved in a brine
- × Yeast breads
- × Pizza
- × Pasta and pasta dishes
- × Grain-based desserts
- × Soups

FOOD SOURCES OF SODIUM



NEW LIMITATIONS SET IN THE 2010 DIETARY GUIDELINES FOR AMERICANS

- ✘ Limit daily sodium intake to 2,300 milligrams per day (~1 teaspoon).
- ✘ If you meet one of the following criteria or more the new recommendation is 1,500 milligrams per day.
 - + Especially sensitive to sodium
 - + Are African American
 - + Are over 50 years of age
 - + Have hypertension (high blood pressure)
- ✘ Children age 1 to 3 should consume <1500mgs and children age 4 to 8 should consume <1900mgs.



TASTE PREFERENCES

- ✘ Are neither fixed nor innate.
- ✘ Are influenced by dietary exposure.
- ✘ No indication of ability to distinguish or preference for salty substances found at birth. Preference appears to occur at about 4 months of age and appears to be shaped by dietary exposure.
- ✘ Studies demonstrate that a reduction in sodium intake over as little as 3 to 4 weeks can decrease preference for salty foods and increase acceptance of foods with reduced sodium content.

HOW QUICKLY WILL MY TASTE PREFERENCE CHANGE?

✘ Studies show

- + A temporary increased preference or craving for salt occurs initially when sodium intake is reduced.
- + By 8 to 12 weeks (or sooner in some individuals), a preference for less salty foods occurs.

SHOPPING SMART

- ✘ Compare labels of similar products.
- ✘ Closely watch vegetables with sauces and frozen meats for sodium solutions.
- ✘ Words to look for on the front of packages:
 - + No salt added or unsalted – No salt is added during processing however may naturally contain salt or contain high sodium ingredients.
 - + Sodium or salt free – One serving contains <5mg of sodium.
 - + Very low sodium – One serving contains 35mg sodium or less.
 - + Low sodium – One serving contains 140mg sodium or less.
 - + Reduced (or less) sodium – Contains at least 25% less sodium than the regular version. May still contain high amounts.
 - + Light in sodium – Contains at least 50% less sodium than the regular version. May still contain high amounts.

SHOPPING SMART

- ✘ Words to look for in the ingredient list that indicate increased sodium content:
 - + Monosodium glutamate (MSG)
 - + Baking soda
 - + Baking powder
 - + Disodium phosphate
 - + Sodium alginate
 - + Sodium nitrate or nitrite
- ✘ Try to avoid products with more than 200 mg of sodium per serving



PREPARING LOWER SALT MEALS

- ✘ Gradually add less salt at the table and in cooking.
- ✘ Cook with low-salt ingredients.
- ✘ Remove salt from recipes whenever possible.
- ✘ Use fewer sauces, mixes, and "instant" products, which usually have salt added.
- ✘ Rinse salt from canned foods.
- ✘ Limit smoked, cured, or processed meats.
- ✘ Use beef or chicken broths prepared with less sodium.
- ✘ Try adding other seasonings to foods or use a salt-free seasoning mix.

OTHER WAYS TO REDUCE SODIUM INTAKE

- ✘ Serve smaller amounts of condiments such as mustard, catsup, relish and salad dressing.
- ✘ Cut back on processed foods such as frozen dinners, pizza, canned soups or broths.
- ✘ Look for good sources of potassium, which counteracts some of sodium's effects on blood pressure.
 - + Sweet potatoes, beet greens, white beans, potatoes, tomato puree and paste, soybeans, bananas, prunes, cantaloupe, honeydew, orange juice
- ✘ Eat more fresh foods and cook from scratch more if possible.
- ✘ When eating out, choose low sodium menu items or ask that they prepare your meal without salt or MSG.

SALT SUBSTITUTES

- ✘ Some salt substitutes or light salts contain a mixture of table salt and other compounds.
- ✘ Many salt substitutes contain potassium chloride. Too much potassium can be harmful if you have kidney problems or if you're taking medications for congestive heart failure or high blood pressure that cause potassium retention.

SEASONINGS TO REPLACE SODIUM WITH

Food	Seasoning
Beef	Bay leaf, marjoram, nutmeg, onion, pepper, sage, thyme
Lamb	Curry powder, garlic, rosemary, mint
Pork	Garlic, onion, sage, pepper, oregano
Veal	Bay leaf, curry powder, ginger, marjoram, oregano
Chicken	Ginger, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, thyme
Fish	Curry powder, dill, dry mustard, lemon juice, marjoram, paprika, pepper
Carrots	Cinnamon, cloves, marjoram, nutmeg, rosemary, sage
Corn	Cumin, curry powder, onion, paprika, parsley
Green Beans	Dill, curry powder, lemon juice, marjoram, oregano, tarragon, thyme

SEASONINGS TO REPLACE SODIUM WITH

Food	Seasoning
Greens	Onion, pepper
Peas	Ginger, marjoram, onion, parsley, sage
Potatoes	Dill, garlic, onion, paprika, parsley, sage
Summer Squash	Cloves, curry powder, marjoram, nutmeg, rosemary, sage
Winter Squash	Cinnamon, ginger, nutmeg, onion
Tomatoes	Basil, bay leaf, dill, marjoram, onion, oregano, parsley, pepper

EXAMPLE OF HOMEMADE SALT SUBSTITUTE

✘ Seasoning Sprinkler

- + 1/2 t garlic powder
- + 2 t dried basil
- + 2 T dried oregano
- + 1 t celery seed
- + 1/2 t lemon pepper

- ✘ Place each ingredient in a cup with the appropriate measuring spoon.



RESOURCES

- ✘ <http://health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>
- ✘ <http://www.nhlbi.nih.gov/hbp/prevent/sodium/sodium.htm>
- ✘ http://www.mckinley.illinois.edu/Handouts/reducing_sodium_diet.html