SODIUM

MAIN FUNCTIONS

• Maintains fluid and electrolyte balance

• Required for proper nerve conduction and muscle contraction

• Influences blood volume and blood pressure

GOOD SOURCES

Most dietary sodium comes from processed and restaurant food.

Processed Foods
- Canned foods
- Lunch meat
- Potato chips

Table Salt (Sodium Chloride)
- Table Salt, 1 teaspoon, 2,325 mg

DAILY RECOMMENDATION

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Daily Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>19–50 Years</td>
<td>1,500 mg</td>
</tr>
<tr>
<td>51–70 Years</td>
<td>1,300 mg</td>
</tr>
<tr>
<td>71+ Years</td>
<td>1,200 mg</td>
</tr>
</tbody>
</table>

SPECIAL NOTES

Most people consume too much sodium.

• Diets low in sodium and high in potassium reduce fluid retention and favorably affect blood pressure.
  » Consuming ≤1,200 mg of sodium/day is associated with significant blood pressure reduction.
  » Fruit, vegetables, and legumes are naturally low in sodium and high in potassium.