

# 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.

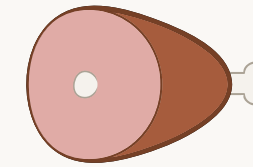
### Processed Foods

canned foods · lunch meat · potato chips

Chicken Noodle Soup  
(canned), 1 cup,  
789 mg



Ham (minced)  
3 ounces, 1,059 mg



mg = milligrams

### Table Salt (Sodium Chloride)

Table Salt, 1 teaspoon,  
2,325 mg



## DAILY RECOMMENDATION

1,500  
mg

19–50  
Years

1,300  
mg

51–70  
Years

1,200  
mg

71+  
Years

## 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  $\leq 1,200$  mg of sodium/day is associated with significant blood pressure reduction.
  - » Fruit, vegetables, and legumes are naturally low in sodium and high in potassium.