

## MAIN FUNCTIONS

- Maintains fluid and electrolyte balance
- Required for proper nerve conduction and muscle contraction
- Influences blood volume and blood pressure

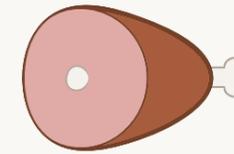
## GOOD SOURCES

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.