

SODIUM



MAIN FUNCTIONS

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

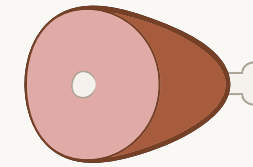
GOOD SOURCES

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

All Adults

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.