**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.

<table>
<thead>
<tr>
<th>Processed Foods</th>
<th>Table Salt (Sodium Chloride)</th>
</tr>
</thead>
<tbody>
<tr>
<td>canned foods · lunch meat · potato chips</td>
<td>• Table Salt, 1 teaspoon, 2,325 mg</td>
</tr>
<tr>
<td>• Chicken Noodle Soup (canned), 1 cup, 789 mg</td>
<td></td>
</tr>
<tr>
<td>• Ham (minced) 3 ounces, 1,059 mg</td>
<td></td>
</tr>
</tbody>
</table>

**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 ≤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.