



The Secrets of Sodium & The New Dietary Guidelines

Sponsored by Alameda County Nutrition Services

April 29, 2011

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What is Sodium?



- A mineral found in table salt
- Table salt = sodium chloride = NaCl

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Functions of Sodium

- Essential mineral
- Maintains balance of body fluids
- Helps with nerve transmission
- Helps with muscle contraction

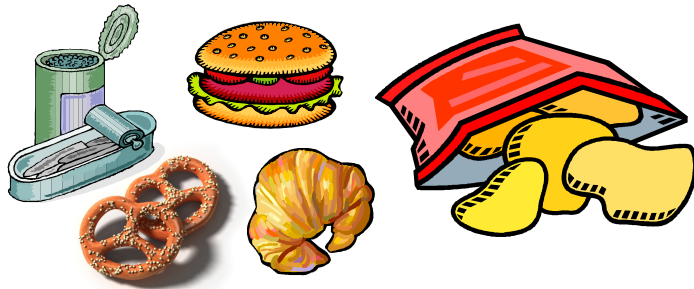
Lack of Sodium



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Excessive Sodium



↑ **Blood Volume**

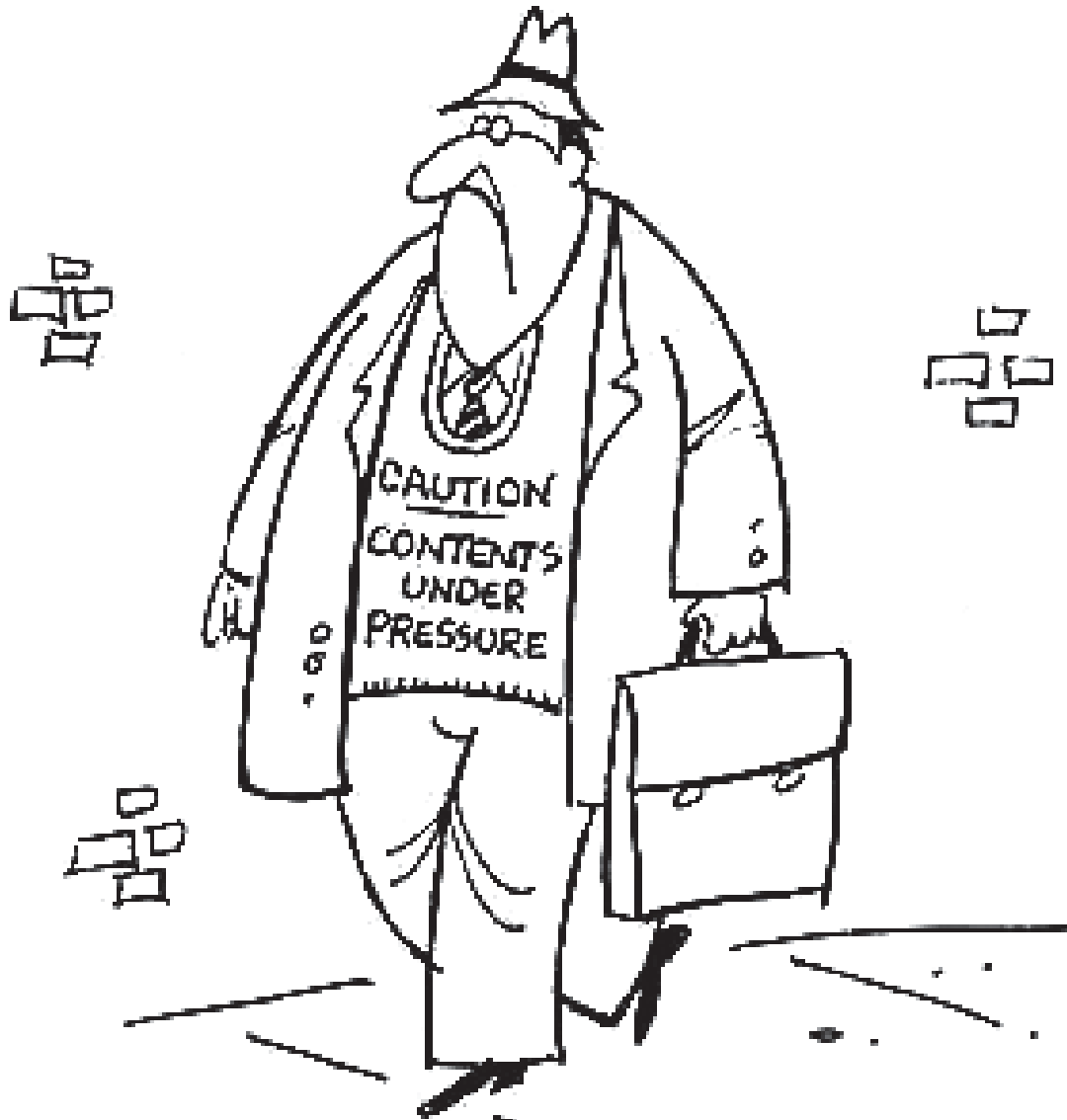


↑ **Blood Pressure**



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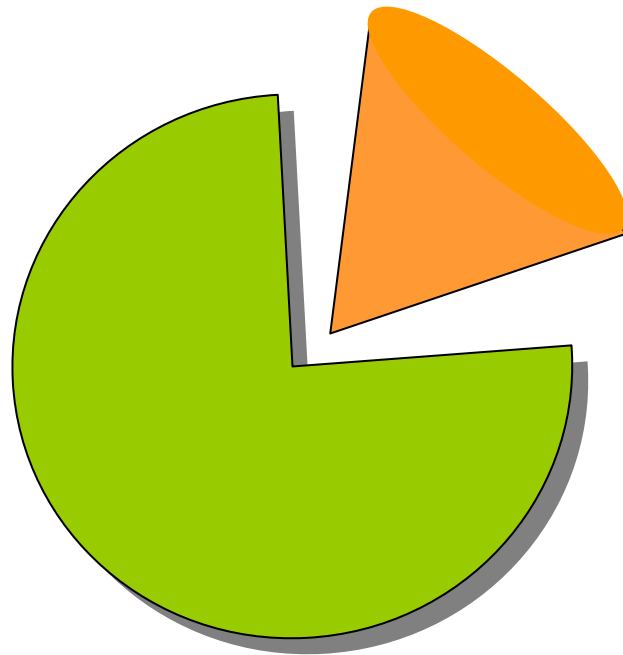


Dave Copperer

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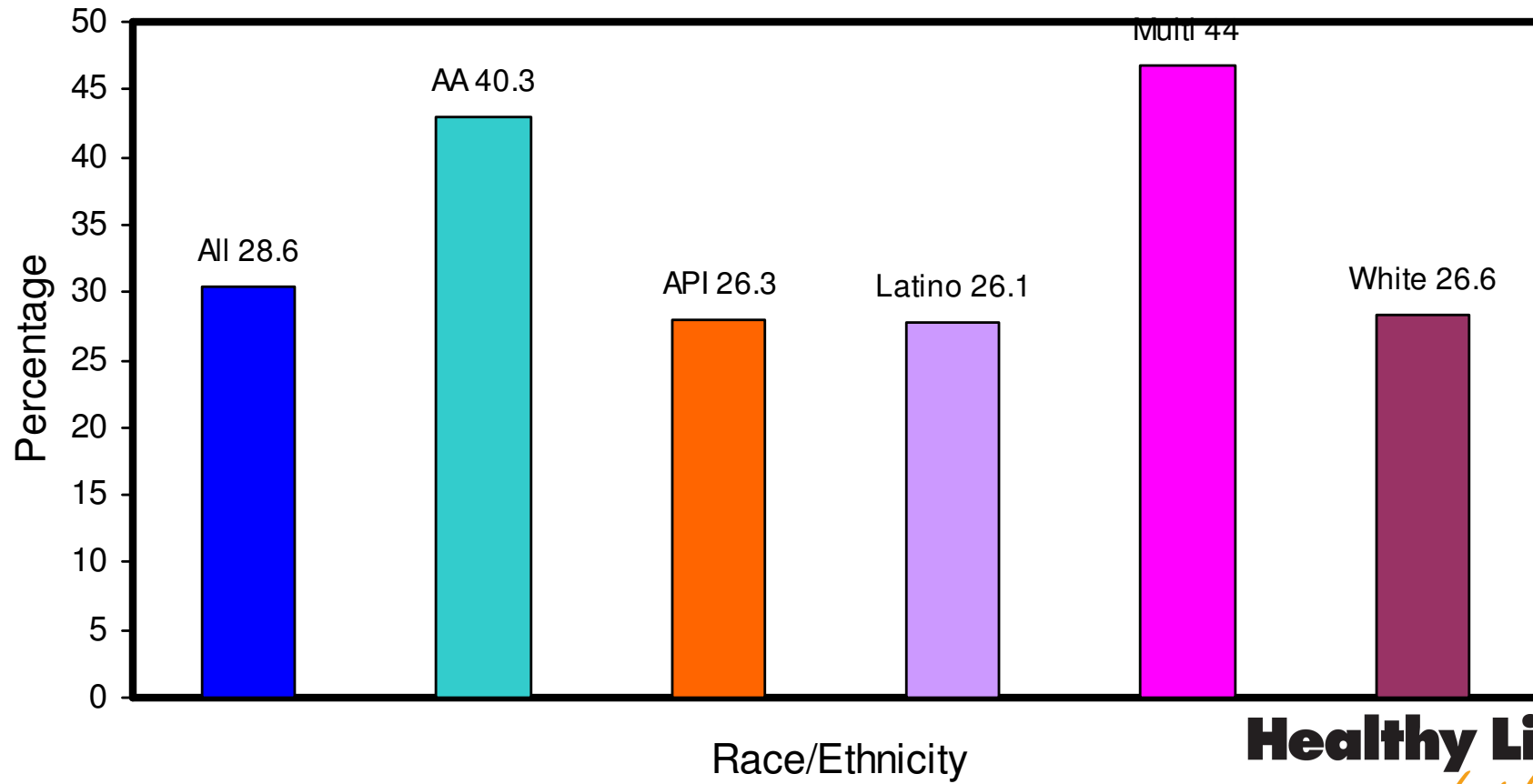
Hypertension



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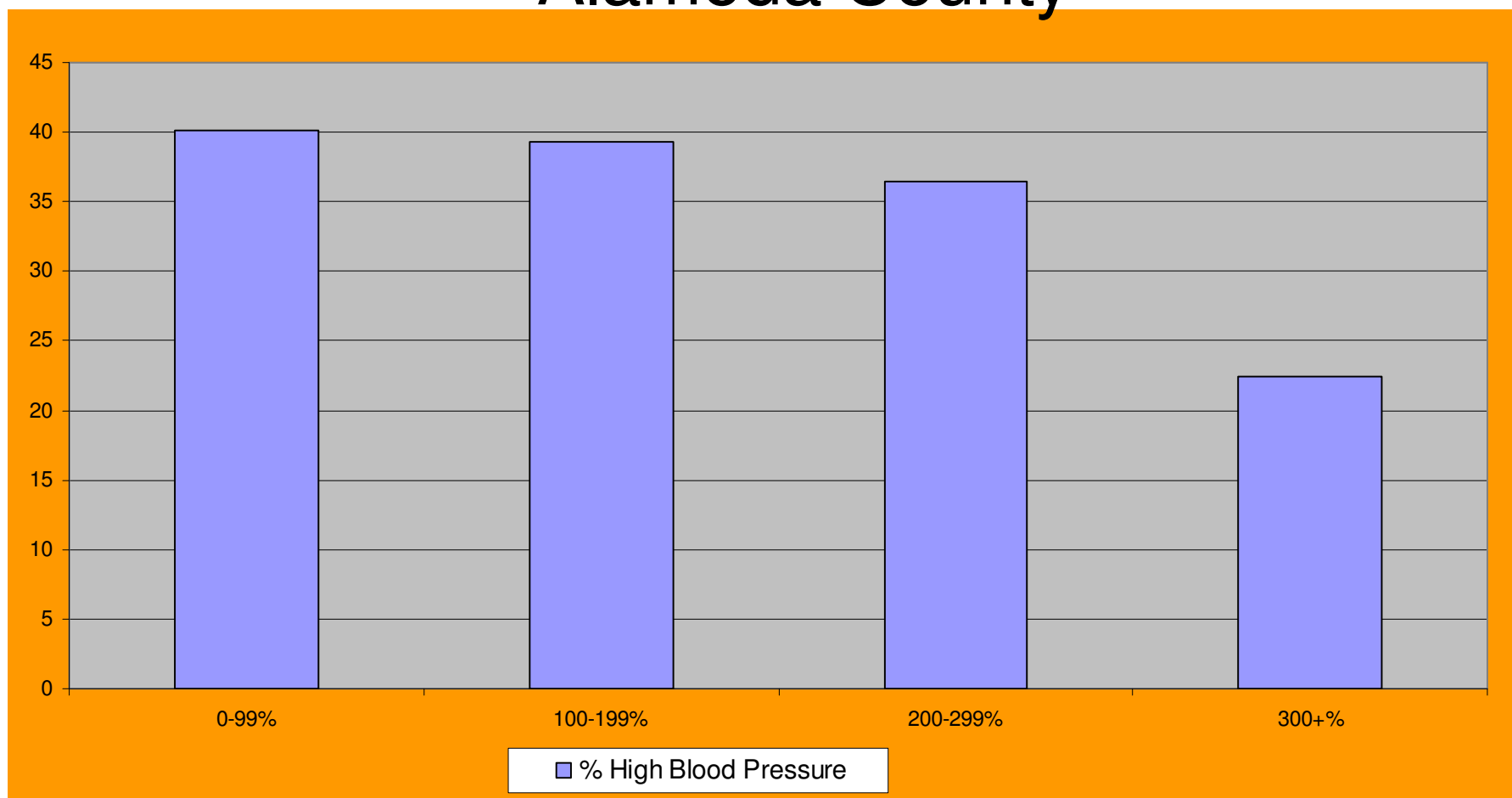
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High blood Pressure in Alameda County by Race/Ethnicity



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High Blood Pressure by Poverty Level in Alameda County

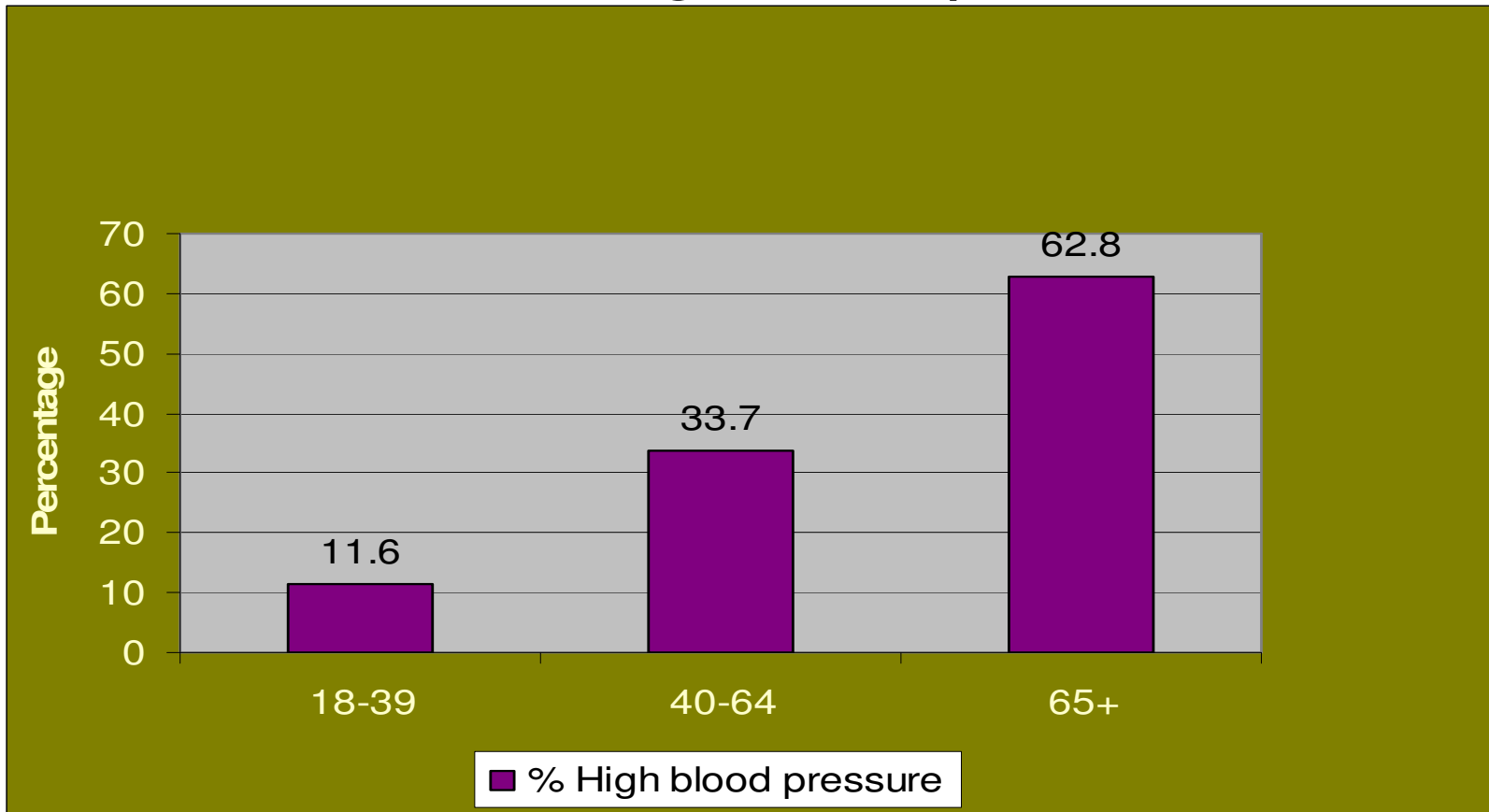


Source: California Health Interview Survey, 2007

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High Blood Pressure in Alameda County by Age Group



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Economic Impact of Hypertension

\$76.6 BILLION DOLLARS!!



Source: Center for Disease Control Quick Facts on HBP

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Sodium Consumption

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U.S. Daily Average Sodium Intake

Breakfast

+

Lunch

+

Dinner



3,466 mg/day

Source: Ayala C et al. Application of lower sodium intake recommendations to adults—United States, 1999–2006. *MMWR* 2009;58(11):281–283.

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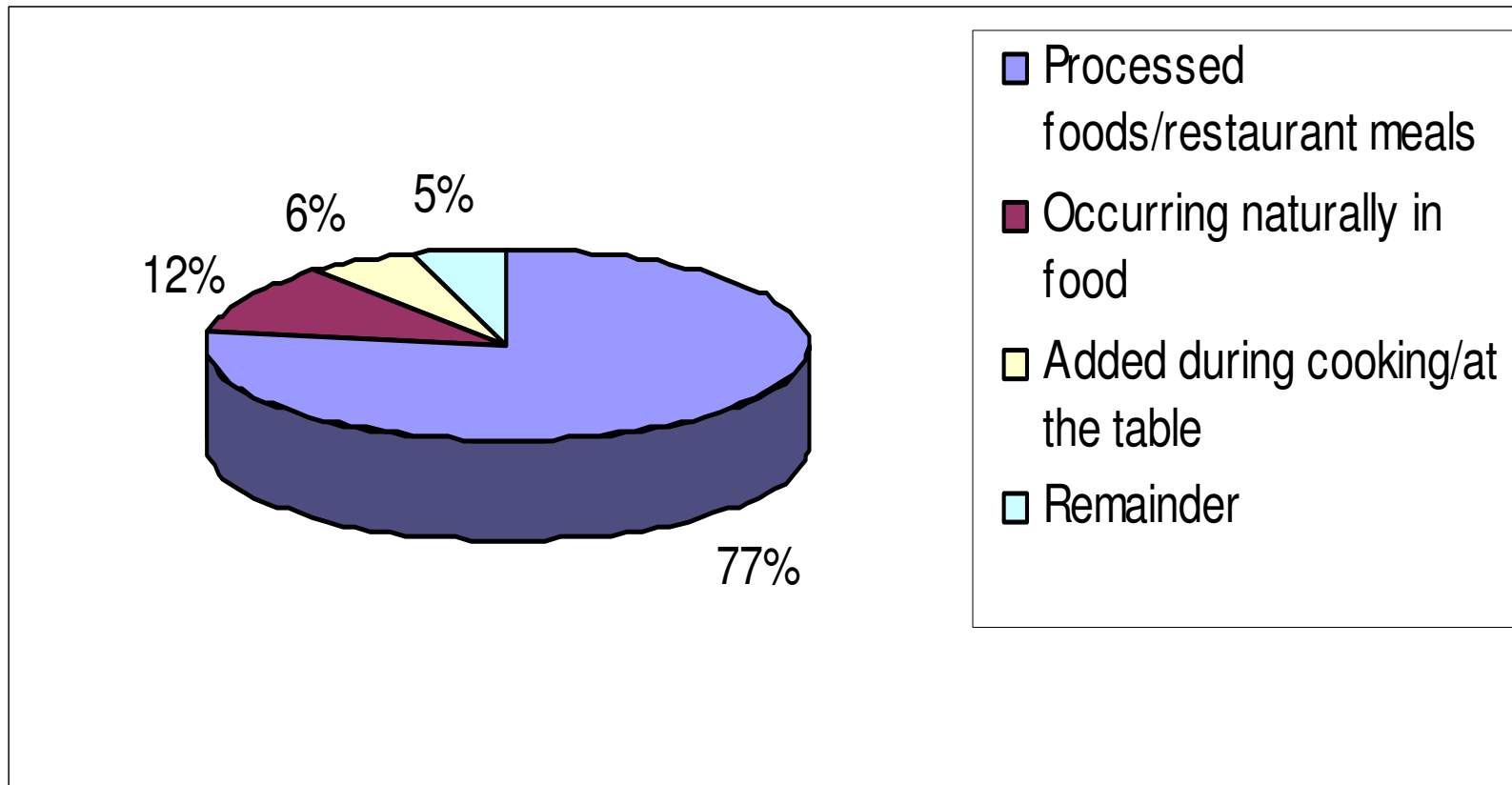


Where is Sodium?

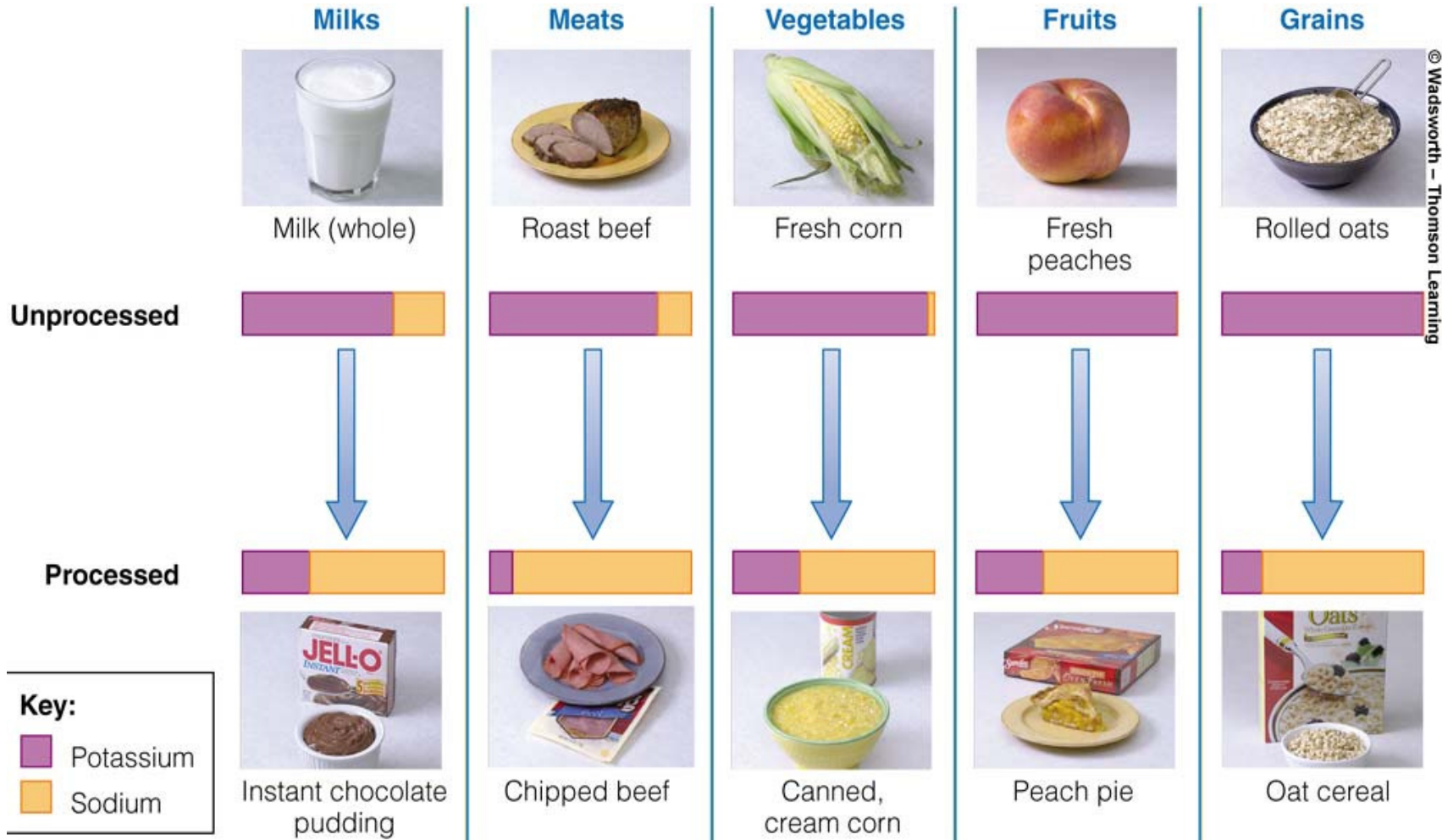
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Sodium in Foods



Sources of Sodium and Potassium





Recommendations of Sodium Intake

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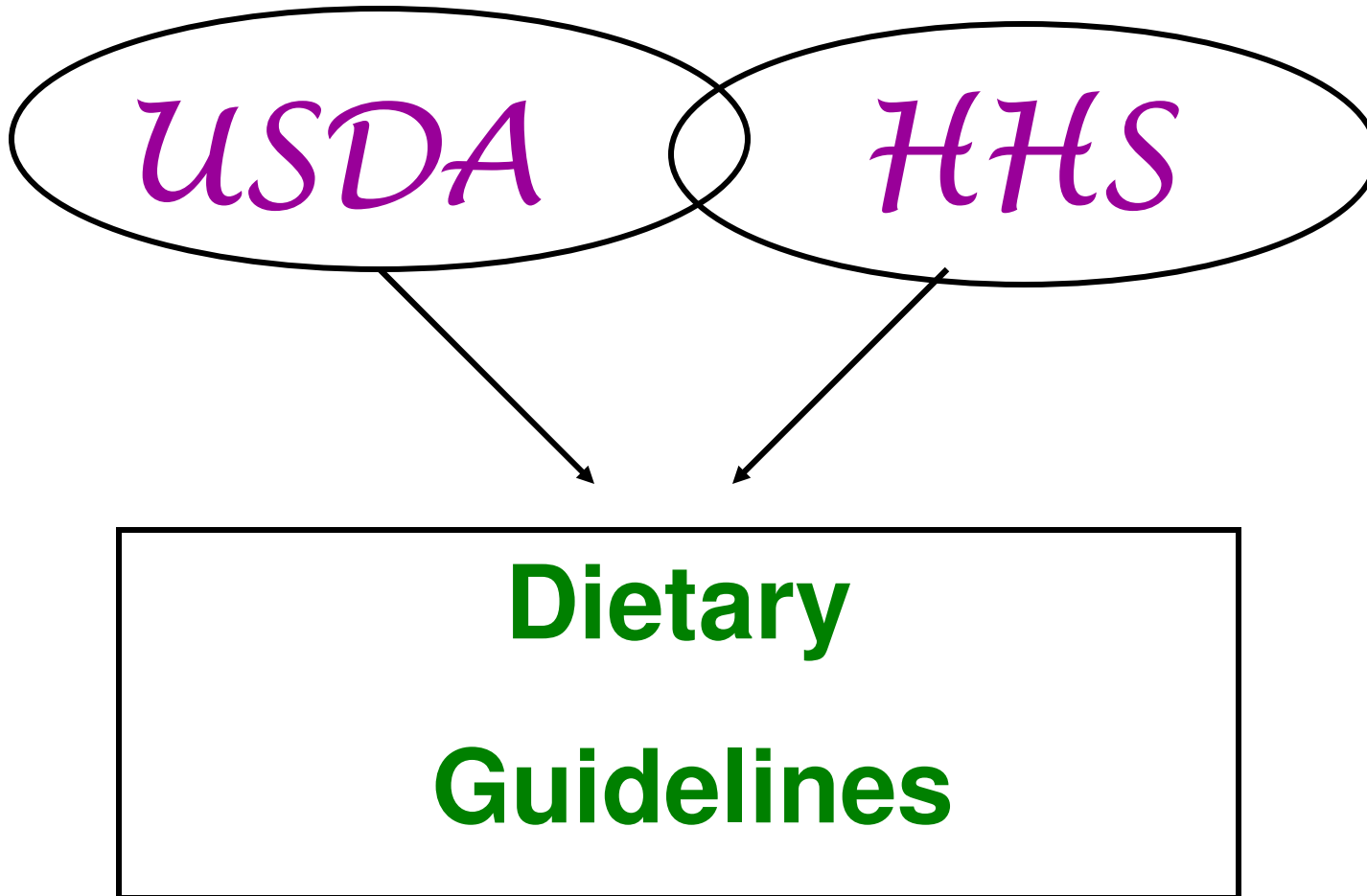
New 2010 Dietary Guidelines

Recommended Sodium Intake

- Less than 2,300 milligrams (mg)
- 1,500 mg for persons
 - 51 years or older
 - African American
 - Currently has hypertension, diabetes, or chronic kidney disease

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There's Hope!



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