

FREQUENTLY ASKED QUESTIONS ABOUT SODIUM

What is the difference between *sodium* and *salt*?

Salt is a combination of the two minerals, sodium and chloride. Salt is comprised of 40% sodium and 60% chloride. One level teaspoon of salt contains approximately 2,400 mg of sodium.

How much sodium is in salt?

Salt is 40% sodium. Use this chart to help you remember how much sodium you are adding to food:

- 1/4 teaspoon salt 600 milligrams sodium
- 1/2 teaspoon salt 1,200 milligrams sodium
- 3/4 teaspoon salt 1,800 milligrams sodium
- 1 teaspoon salt 2,400 milligrams sodium

What is the difference between *kosher salt* and *sea salt*?

Kosher salt is not in itself kosher, but is used to make meat kosher according to Jewish law. Unlike table salt that is finely grained, kosher salt has a coarse texture. *Sea salt* is produced by the evaporation of seawater and receives little or no processing. It contains slightly less sodium than table salt and kosher salt because of the presence of many other trace elements. Many chefs prefer to use kosher salt and sea salt because of their flavor and texture.

What do the blood pressure numbers mean?

A blood pressure cuff measures two blood pressure numbers. A healthy blood pressure is at or below 120 "over" 80. The top number measures the pressure when your heart pumps blood throughout your body. This is called the *systolic* pressure. The bottom number measures the pressure between pumps, when your heart is at rest. This is called the *diastolic* pressure.

	Normal	Pre-hypertensive	Hypertensive
Systolic	120 (or below)	120-139	140 or above
Diastolic	80 (or below)	80-89	90 or above

What is the recommended daily limit of sodium for healthy adults?

The American Heart Association recommends 2,300 mg of sodium, which is equivalent to one teaspoon of salt.

What amount of sodium in an individual food item is considered to be "low sodium"?

Low sodium foods have 140 mg. or less per serving, according to USDA Dietary Guidelines, 2005.

