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CC295 How Much Sodium are You Eating?

Harriet Kohn

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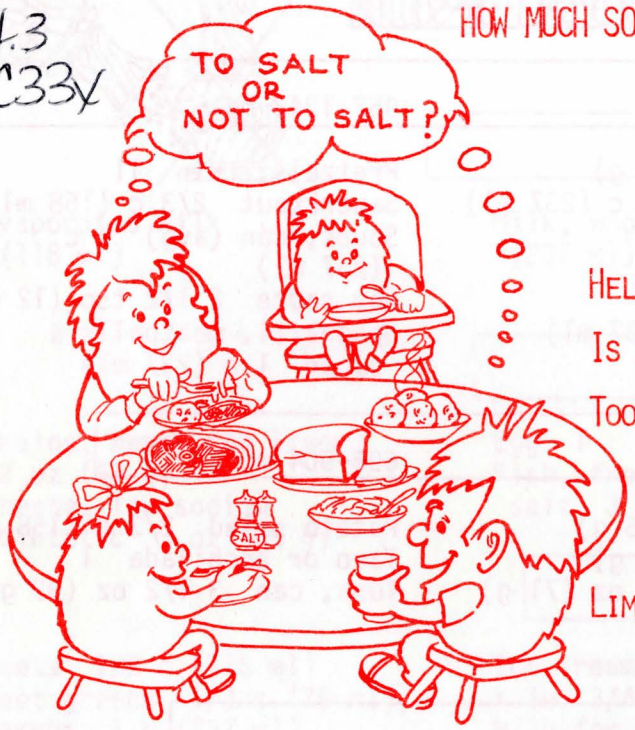

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SODIUM:

HELPS MAINTAIN WATER BALANCE

IS IN FLUID AROUND BODY CELLS

TOO MUCH SODIUM EATEN OVER A LONG PERIOD OF TIME MAY LEAD TO HIGH BLOOD PRESSURE IN PERHAPS 20% OF AMERICANS

LIMITING SODIUM INTAKE TO THE LOWER PART OF THE RANGE (BELOW) MAY HELP PREVENT HIGH BLOOD PRESSURE IN THOSE PRONE TO IT.

ESTIMATED SAFE RANGES OF SODIUM FOR HEALTHY *PEOPLE:

AGE	SODIUM	AGE	SODIUM
0 - 6 MONTHS	115 - 350 MG	7 - 10 YEARS	600 - 1800 MG
6 - 1 YEAR	250 - 750 MG	11 - 18 YEARS	900 - 2700 MG
1 - 3 YEARS	325 - 975 MG	19 - AND OVER	1100 - 3300 MG
4 - 6 YEARS	450 -1350 MG		

Note: The sodium ranges were reproduced from: Recommended Dietary Allowances, Ninth Edition (1980, in press), with the permission of the National Academy of Sciences, Washington, D.C.

*People on a special low sodium diet may need lower levels of sodium than mentioned above and should follow their doctor's directions.

TO CHECK-UP ON THE SODIUM YOU ARE EATING, FOLLOW THESE STEPS:

1. WRITE DOWN WHAT AND HOW MUCH YOU HAD TO EAT AND DRINK SO FAR TODAY. (IF YOU PREFER, WRITE WHAT YOU HAD TO EAT AND DRINK IN THE LAST 24 HOURS.)
2. FIND THE FOODS YOU ATE OR A REASONABLE SUBSTITUTE ON PAGES 2 AND 3. WRITE DOWN THE MILLIGRAMS (MG) OF SODIUM PRESENT IN THE FOOD YOU ATE. ADD THE MILLIGRAMS. COMPARE WITH THE RANGE OF SODIUM IN THE CHART ABOVE FOR YOUR AGE.
3. PLAN WHICH FOODS YOU NEED TO EAT FOR THE REST OF THE DAY TO STAY WITHIN YOUR SODIUM RANGE, OR PLAN FOR TOMORROW IF YOU PREFER.

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SODIUM CONTENT OF FOOD WITH ADDED SALT OR SODIUM

1100 MG — 957-1243 mg

Salt 1/2 tsp (2 ml)
Baking powder 3 tsp (15 ml)
Baking soda 1 tsp (5 ml)
Bouillon 1 cube
Chili con carne 3/4 c (177 ml)
Dried beef 1 oz (28 g)
Macaroni & cheese 1 c (237 ml)
Monosodium glutamate 1 1/2 tsp (7 ml)
Pickle, dill 1/2 lg
Pork & beans 1 c (237 ml)
Pretzels, thin 11
Sauerkraut 2/3 c (158 ml)
Soups, can (avg) 1 c (237 ml)
Soy sauce 2 1/2 tsp (12 ml)
Spaghetti, meatballs & sauce 1 c (237 ml)

800 MG — 696-904 mg

Bologna 2 oz (57 g)
Chicken-a-la-king 1 c (237 ml)
Chicken chow mein, can 1 c (237 ml)
Corned beef 3 oz (85 g)
Ham, cured 3 oz (85 g)
Luncheon meat 2 1/2 oz (71 g)
Potato salad 2/3 c (158 ml)
Taco or enchilada 1
Tuna, can 3 1/2 oz (99 g)

500 MG — 435-565 mg

Barbecue Sauce 1/4 c (59 ml)
Beef or chicken pot pie 1/3 9" (229 ml) diam
Bread stuffing 1/2 c (118 ml)
Catsup 3 Tbsp (44 ml)
Cornbread 2" (51 ml) sq
Frankfurter 1
Pizza with sausage 1 wedge
Pork sausage 4 links
Pork sausage 2 patties
Salad Dressing (avg) 2 Tbsp (30 ml)
Salt 1/4 scant tsp (1 ml)
White sauce 1/2 c (118 ml)

300 MG — 261-339 mg

Buttermilk 1 c (237 ml)
Cheeses
- Cheddar 1 1/2 oz (43 g)
- Cottage 1/2 c (118 ml)
- Parmesan 1/3 c (79 ml)
- Process 1 oz (28 g)
- Swiss 1 1/2 oz (43 g)

Coleslaw 1 c (237 ml)
Cooked cereals (avg) 2/3 c (158 ml)
French fried potatoes 20 med
Frosted layer cake 2 1/2" (64 ml) wedge
Malted milk 1 1/2 c (355 ml)
Olives, green 3
Pancakes 2, 4" (102 ml) diam
Peanut butter 3 Tbsp (44 ml)
Peanuts, salted 1/2 c (118 ml)
Pie, fruit or cream (avg) 3" (76 ml) wedge
Popcorn 1 1/2 c (355 ml)
Potato chips 15
Potatoes, mashed 1/2 c (118 ml)
Ready-to-eat cereal, added salt 1 oz (28 g) or 1 c (237 ml)
Rice, cooked 1/2 c (118 ml)
Tomato juice or cocktail, can 2/3 c (158 ml)
Vegetables, can (avg) such as asparagus, beets, corn, green beans, peas, tomatoes, etc 3/4 c(177 ml)
Waffle 2, 4" (102 ml) diam

150 MG — 130-170 mg

Bacon 2 sl
Bread, any kind (avg) 1 sl
Butter 1 Tbsp (15 ml)
Cake, plain 3" (76 ml) sq
Cookies, sandwich 3
Choc. chip cookies 4
Doughnut 1 1/2
Egg, scrambled 1
Graham crackers 3 sq
Ice milk 1 1/2 c (355 ml)
Margarine 1 Tbsp (15 ml)
Mayonnaise 2 Tbsp (30 ml)
Milk, condensed (sw) 1/2 c (118 ml)
Muffin or roll 1 sm
Mustard, prepared 2 1/2 tsp (12 ml)
Olives, ripe 5
Pudding, made with milk 1/2 c (118 ml)
Saltine crackers 5
Sardines 1 lg

SODIUM CONTENT OF READY-TO-EAT FOODS

*UNSALTED

120 MG

Evaporated milk 1/2 c (118 ml)

Milk, whole or skim 1 c (237 ml)

Yogurt 1 c (237 ml)

60 MG

Brains, heart and liver 2 oz (57 g)
Cheese, low sodium dietetic 3 oz (85 g)

Egg 1
Fish, fresh or canned without salt 3 oz (85 g)

Meat or poultry 3 oz (85 g)
Shrimp 2 oz (57 g)

40 MG

Beets 1/2 c (118 ml)
Beet greens 1/3 c (79 ml)
Carrot 1 c (237 ml)
Celery 2 stalks
Dandelion greens 1 c (237 ml)

Ice cream 1/2 c (118 ml)
Kale 3/4 c (177 ml)
Milk for babies
Human 1 c (237 ml)
Enfamil 2/3 c (158 ml)

Mustard greens 1 1/2 c (355 ml)
Spinach, cooked 1/2 c (118 ml)

9 MG

Dry Curd Cottage Cheese unsalted 1/2 c (118 ml)

Most vegetables, fresh, frozen or canned without salt (except for those in 40 mg section above) 1/2 c (118 ml)

Water
Lincoln, Ne 1 c (237 ml)
Omaha, Ne 3/4 c (177 ml)
(Check with local water co. for sodium content)

5 MG

Breads, rolls and crackers low sodium 1 sl or 1 ea
Cooked cereals, unsalted 1/2 c (118 ml)
Corn 1/2 ear
Cream, heavy 1 Tbsp (15 ml)

Dried beans and peas, cooked 1/2 c (118 ml)
Dry cereals made without salt: puffed rice; puffed wheat; shredded wheat 3/4 c (177 ml)
Flour, plain 2 1/2 Tbsp (37 ml)

Macaroni, noodles, spaghetti, rice, barley, cooked, unsalted 1/2 c (118 ml)
Mashed potato, unsalted 1/2 c (118 ml)
Potato, white 1
Sweet potato 1/2 small

3 MG OR LESS

Butter, margarine or oils, unsalted
Cocoa powder
Coffee and tea (dry form)
Cream of tartar

Fruit
Fruit juices
Gelatin, unflavored
Nuts, unsalted
Peanut butter, unsalted

Salad dressings, unsalted
Sugar and Honey
Vinegar

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*NOTE: IF YOU HAVE COOKED OR SPRINKLED ANY OF THE ABOVE UNSALTED FOOD WITH SALT ADD:

500 mg sodium for 1/4 scant tsp (1 ml) salt added in cooking

100 mg sodium for a heavy sprinkle of salt per food

50 mg sodium for a light sprinkle of salt per food

Avg = average; g = gram; mg = milligram; ml = milliliter

SODIUM FACTS

- Salt is sodium chloride. About 40% of salt is sodium and 60% chloride.

- One level teaspoon of salt = 5.5 g = 2,132 mg of sodium.

- Removing the salt shaker from the table is one good way of reducing sodium intake.

- People who salt most foods prior to tasting are considered heavy salters. When a high level of sodium is eaten regularly it is difficult to taste low amounts of salt. The high level of sodium in the saliva appears to interfere with tasting the salt. When the salt is lowered in the diet for awhile the ability to taste lower levels of salt appears to return.

- When reading labels for sodium content, look for salt, sodium, monosodium glutamate and sodium added to words like benzoate, etc.

- Sodium may be present in medicines such as aspirin. It may be present in some foods and not listed on the label, like mayonnaise.

- Salt substitutes should not be used unless prescribed by a physician. People with certain medical problems might not be able to use every kind.

- Softened water contains varying amounts of sodium since water softeners work by exchanging sodium for minerals in the water. It is better, therefore, not to use softened water for drinking and cooking purposes because of the sodium content.

- Ninety to 95% of the sodium in the body is secreted through the kidneys. Small amounts are lost through sweat.

- When a person sweats a great deal because of exercising in hot weather sodium and water may be lost to a larger extent than normal. Salt tablets are not recommended since they are too concentrated and slow the absorption of water from intestines into the body. A little extra salt on food is usually sufficient for the athlete. Replacing water during exercise, however, is very important.

- When pregnant a little extra sodium is needed but the increased food eaten will probably supply it. It is unwise to reduce salt below a normal range during pregnancy unless special circumstances exist.

- Spices, whose names end in "salt," like garlic salt and celery salt, are high in sodium.

- The following spices and flavorings are examples of those low in sodium that may be added to foods to enhance the taste:

Bay leaf	Garlic	Mint	Pepper
Curry	Ginger	Onions	Pinch of Sugar
Dry Mustard	Herbs	Paprika	Rosemary
Fruit	Lemon	Parsley	Tomatoes

Reference - Sodium values are mostly from: Adams, Catherine F. Nutritive Values of Foods in Common Units. Agricultural Handbook No. 456, Agricultural Research Service, USDA, 1975.