



Sodium



Daily Recommended Sodium Intake (mg) for Children and Adolescents

Age	Males/Females
1 to 3	<1,500
4 to 8	<1,900
9 to 13	<2,200
14 to 18	<2,300

AMERICANS EAT ON AVERAGE ABOUT 3,400 MG OF SODIUM PER DAY. HOWEVER, THE DIETARY GUIDELINES FOR AMERICANS RECOMMENDS ADULTS LIMIT SODIUM INTAKE TO LESS THAN 2,300 MG PER DAY— THAT'S EQUAL TO ABOUT 1 TEASPOON OF TABLE SALT!

About 40% of the sodium consumed by Americans comes from the following foods:

- Deli meat sandwiches
- Pizza
- Burritos and tacos
- Soups
- Savory Snacks (e.g. chips, crackers, popcorn)
- Poultry
- Pasta mixed dishes
- Burgers
- Egg dishes and omelets



Check the Package for Nutrient Claims

What It Says	What it means
Salt/Sodium-Free	Less than 5 mg of sodium per serving
Very Low Sodium	35 mg of sodium or less per serving
Low Sodium	140 mg of sodium or less per serving
Reduced Sodium	At least 25% less sodium than the regular product
Light in Sodium or Lightly Salted	At least 50% less sodium than the regular product

Main Functions:

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



TABLE SALT (AKA SODIUM CHLORIDE) IS A CRYSTAL-LIKE COMPOUND THAT IS ABUNDANT IN NATURE. SODIUM IS A MINERAL, AND ONE OF THE CHEMICAL ELEMENTS FOUND IN SALT.



- 1/4 TEASPOON SALT = 575 MG SODIUM
- 1/2 TEASPOON SALT = 1,150 MG SODIUM
- 3/4 TEASPOON SALT = 1,725 MG SODIUM
- 1 TEASPOON SALT = 2,300 MG SODIUM



Fun Facts

Did you know that salt was a form of payment in the past?
Salt was used to preserve and flavor food

Both sea salt and table salt typically contain about 40% sodium

Too much sodium can cause high hypertension (high blood pressure)

RESOURCES:

- **FDA. Sodium in your diet**
<https://www.fda.gov/food/nutrition-education-resources-materials/sodium-your-diet#:~:text=Americans%20eat%20on%20average%20about,1%20teaspoon%20of%20table%20salt!>
- **Today's dietitian**
<https://www.todaysdietitian.com/newarchives/0217p22.shtml>
- **American Heart Association**
<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium>



Taylor Armistead
MTSU Dietetic Student
April 2022