

May Nutrition Newsletter

The Truth About Sodium and High Blood Pressure

Everybody has sodium in their diet. Some of us, however, may be getting too much, and often we aren't even aware of where it's hiding in the foods we're eating.

For most people, 2,300 mg of sodium is the daily limit, but too much can be harmful to our health. For those who may suffer with high blood pressure, studies show that decreasing your sodium consumption below 2,300 mg, combined with a high intake of fruit and vegetables and a low fat diet, may help lower blood pressure.



Beware: Sodium isn't only in salty snacks or the table shaker. Many of the already prepared foods and meals you consume at restaurants, cafés and grab-and-go items at grocery stores have sodium. The best way to combat high sodium in your daily diet is to watch your intake of highly processed foods. Here are some other tips to help lower your sodium intake: Limit cured foods such as cold cuts and sausages, rinse canned foods, choose low-sodium varieties of frozen meals, and watch portion sizes on dairy, meat and processed starchy foods.

Did you know...

Salt is formed when sodium reacts with chlorine gas. It is the only family of rocks eaten by humans.

Meals on Wheels Sodium Facts: The Menu for the Meals on Wheels program follows a No Added Salt diet, meaning that no salt is added in any of our recipes. Two days a month we are permitted to have a high sodium entrée (sodium over 700mg). It's important to note that we also include the sodium content of the bread, dessert and milk to the total sodium content for the day. In a recent survey, consumers reported that the meal they received represented 50% of their daily intake of food, so even though the sodium count may appear high on first glance, many are not consuming the total daily limit of sodium.