



# BATHROOM BUSINESS



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## Sodium Intake Management

### *What does sodium do for me?*

- Helps your body maintain its water balance and pH
- Enables your cell walls to draw in nutrients
- Influences muscle contraction
- Helps transmit nerve impulses

### *How much do I need?*

- 2,300 milligrams of sodium a day or less is recommended by the Dietary Guidelines for Americans
- this equals about 1 teaspoon of salt

### *What happens if I eat too much?*

- linked to high blood pressure which can lead to heart disease
- can cause fluid retention which cause weight gain

### **What are high sodium foods?**

Food	Serving Size	Sodium (mg)
Hot dog	1	650
American Cheese Chips	1 oz.	400
Pretzels, twists	1 oz.	186
Chicken noodle soup	1 cup	560
TV Dinners (varies)	1 dinner	1,250
Catsup	1 T	1,000
Mustard	1 T	175
		190

### *How can I reduce my sodium intake?*

- Do not add salt during cooking or at the table
- Read food labels- 140 mg or less = low sodium
- Look for “**low sodium**” or “**unsalted**” on package labels
- Choose fresh foods, frozen and canned foods without salt. Rinse canned vegetables, beans and tuna
- Minimize fast food meals

### *How can I season my food?*

- Herbs, spices and pepper
- Fresh garlic, onions, lemon or lime juice
- Salt-free seasoning mixes

### *Fast Food: How quickly can sodium add up?*

*McDonalds example:*

Meal	Sodium (mg)
Grilled Chicken Club Sandwich	1,690
Large Fries	330
Catsup packets (2)	200
Large Diet Coke (32 fl oz.)	45
<b>Total:</b>	<b>2,265</b>

### *Check it out!*

<http://www.dietbites.com/Sodium-In-Foods/index.html> to find out more information on how much sodium is in a variety of foods.

