

Dietary Guideline #8: Sodium & Potassium



Goals:

- 1) Consume less than 2,300 mg of sodium per day (approximately 1 teaspoon of salt).
- 2) Choose and prepare foods with little salt.
- 3) Consume potassium-rich foods such as fruits and vegetables.

Sodium + Potassium = Fluid Balance

Sodium tends to make the body retain water and raise blood pressure, while potassium increases the amount of sodium excreted from the body, which then decreases fluid volume and lowers blood pressure. Both are needed to maintain fluid balance, but too much of one or the other can cause health problems.

Symptoms of High Sodium Levels

- High blood pressure
- Kidney damage
- Edema

Symptoms of High Potassium Levels

- Nausea
- Irregular heartbeat
- Slow, weak, or absent pulse

Where is sodium found?



- **Table salt** is the most common form of sodium.
- **Condiments and seasonings:** Worcestershire sauce, soy sauce, ketchup, butter, onion salt, garlic salt, and bouillon cubes.
- Sodium is also added to most **processed foods**, such as bacon, sausage, ham, canned soups and vegetables, chips and crackers, etc. Almost everything found in a box contains sodium. Fast foods are generally very high in sodium as well.
- **Sodium occurs naturally in most foods in small amounts.** Milk, cheese, beets, and celery naturally contain sodium, as does drinking water, although the amount varies depending on the source.



How to find sodium on the Nutrition Facts Label:

monosodium glutamate

sodium nitrite

sodium saccharin

baking soda

sodium bicarbonate

sodium benzoate

Total Fat 12g	18%
Saturated Fat 3g	15%
Cholesterol 30mg	10%
Sodium 470mg	20%

***Quick guide to % Daily Value**

- 5% is low
- 20% is high

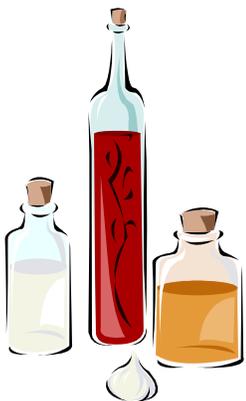
← *This product is high in sodium!*

Salt Substitutions

Keep the flavor without the sodium by cutting back on condiments that contain salt and sodium by substituting herbs, spices or vinegars.

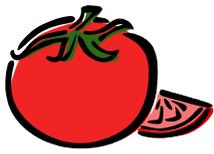


Tips for adding flavor without the salt:

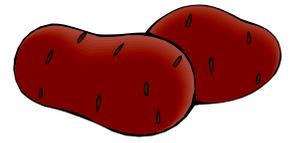


- Add chopped **fresh herbs**.
- Try **dried herbs**. Rub them between your fingers to release the flavor-packed oils before adding them to recipes.
- A splash of balsamic or other **flavored vinegar** can boost something that's ordinarily bland.
- A sprinkle of **ground spices** such as cumin, chili powder, curry powder or cinnamon — or a blend — can enhance many dishes.
- Squeeze fresh **lime or lemon juice** onto foods for a new flavor dimension.
- **Potassium chloride** or “Salt Sub” is one way to get the same salty taste without the sodium. It is available at most grocery stores in the spice section. It is recommended for people suffering from high blood pressure; however, this product should be avoided with kidney disease.





Potassium



The recommended intake for potassium is 2,000 to 3,500 mg a day.

According to recent USDA surveys, the average intake of potassium by women and men 19 to 50 years of age was **above the minimum requirements** estimated by the Food and Nutrition Board of the National Academy of Sciences.

Source	Serving Amount	Milligrams Potassium
Tomato products, canned, sauce	1 cup	909 mg
Winter squash	1 cup	896 mg
Spinach, cooked	1 cup	839 mg
Baked potato (with skin)	1 medium	700 mg
Cantaloupe	1 cup	500 mg
Orange juice	1 cup	496 mg
Banana	1 medium	450 mg
Milk	1 cup	407 mg
Salmon	3 oz	352 mg
Chicken	3 oz	308 mg
Raisins	1/4 cup	273 mg
Turkey	3 oz	270 mg
Almonds	1 oz	197 mg

*Even though meats are good sources of potassium, some are also very high in sodium. Avoid the processed and cured meats.

Potassium is lost during the cooking process!

- Cook foods in a **minimal amount of water**: Steaming or baking is better than boiling.
- Cook for the **shortest time possible**.

Scalloped Potatoes

Source: American Heart Association Low Salt Cookbook



Ingredients:

- Vegetable oil spray
- 4 large potatoes, peeled and thinly sliced (about 4 cups)
- 1/2 cup chopped onion
- 1/2 cup low-fat shredded Cheddar cheese
- 1/8 teaspoon paprika

Sauce

- 1 cup fat-free milk
- 3 tablespoons all-purpose flour
- 1 cup low-sodium chicken broth
- 1/4 teaspoon pepper
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 3 tablespoons shredded or grated Parmesan cheese

Directions

- Preheat oven to 350° F. Lightly spray a 1 1/2-quart casserole dish with vegetable oil spray.
- In a medium saucepan, whisk together milk and flour. Whisk in remaining sauce ingredients except Parmesan. Cook over medium-high heat for 5 to 6 minutes, or until mixture is thickened, whisking occasionally. Whisk in Parmesan and remove from heat.
- Put potatoes and onion in casserole dish. Add sauce and stir lightly. Cover with aluminum foil. Bake for 30 minutes.
- Gently stir in Cheddar and sprinkle with paprika. Bake, uncovered, for 30 to 40 minutes, or until potatoes are tender and lightly browned.
- Serves 8; 1/2 cup per serving.

Nutrient Analysis

Calories: 109

Protein: 6 g

Carbohydrates: 19 g

Total fat: 1 g

Saturated: 1 g

Polyunsaturated: 0 g

Monounsaturated: 0 g

Cholesterol: 4 mg

Fiber: 2 g

Sodium: 111 mg

Potassium: 500 mg

Calcium: 108 mg