

# Sodium in the Diet

Sodium is a necessary mineral for normal body function. It is needed for the proper function of nerves and muscles, the absorption of nutrients, as well as for fluid and mineral balance within the body. Many people get too much sodium.

## Recommended Levels of Intake:

- Age 1 to 3 1,000 milligrams (mg)
- Age 4 to 8 1,200 mg
- Age 9 to 50 1,500 mg
- Age 51 to 70 1,300 mg
- Age 70 + 1,200 mg

Recommended Upper Limit :2,300 mg

*\*1 teaspoon of salt = 2,300 mg of sodium*

## Common Sources of Sodium:

- Processed foods
- Salted meats
- Nuts
- Snack foods
- Cold cuts
- Margarine
- Salted butter
- Salt added to foods in cooking or at the table.

## How Do Most People Get Sodium in Their Food?



## Risks Of Excessive Sodium Intake

Increased Risk of:

- High Blood Pressure
- Stroke
- Heart Disease
- Dehydration
- Swelling
- Complications of Kidney Disease

## How to Add Flavor without Using Sodium

- Try some fresh herbs to add a distinctive flavor to your meal
- Spices and marinades bring color and tenderness to meats, fish and poultry and taste great
- Juices and zest of citrus fruits such as oranges, lemons and limes can be used to bring a great fresh taste and have the advantage of extra Vitamin C
- Steam vegetables instead of boiling them. You will discover that they have a wonderful taste all on their own!

# Heart Healthy Recipe:

## A low sodium twist to chips and salsa

Makes 6 servings

### Ingredients:

6 six-inch corn tortillas  
5 roma tomatoes  
1 tomatillo  
1 jalapeño  
 $\frac{1}{3}$  cup diced onion  
Juice of  $\frac{1}{2}$  a lime  
 $\frac{1}{4}$  teaspoon salt  
Cilantro to taste



### Directions:

#### *Chips:*

1. Preheat oven to 350°F.
2. Cut tortillas into 6 wedges.
3. Place wedges in a single layer on baking sheet. Bake for 10 minutes or until lightly golden brown.

#### *Salsa:*

1. In a food processor or blender add roma tomatoes, tomatillo jalapeño, onion, lime juice, salt and cilantro. Blend to desired consistency.

### Tips:

- If you don't have a food processor or blender, you can chop ingredients by hand.
- For a more flavorful salsa, allow salsa to cool in the refrigerator for 30 minutes.



### Nutrition Facts:

Serving size: 1/6 of recipe

Calories: 73

Fat: 1g

Sat: 0g

Trans: 0g

Cholesterol: 0mg

Sodium: 112mg

Carbohydrates: 15g

Fiber: 3g

Sugar: 3g

Protein: 2g