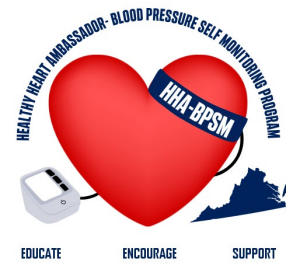




Virginia Healthy Heart Ambassador Blood Pressure Self-Monitoring Program (HHA-BPSM)

NUTRITION SESSION 2: REDUCING SODIUM INTAKE

REDUCING SODIUM INTAKE



Overview

- What is sodium?
- Nutrition and Blood Pressure Facts
- Reducing sodium intake
- Choosing healthier options
- The low sodium lifestyle: why does it work?



WHAT IS SODIUM?



“Sodium” vs. “Salt”

Sodium (Na) is a mineral that the human body needs for:

- Fluid Maintenance
 - Sodium bonds to water, pulls it into the bloodstream
- Nerve impulses
- Muscle Function

The body only needs ~500 mg/day of dietary sodium to function properly

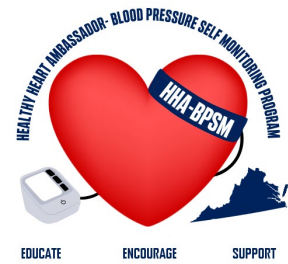
Common **table salt** is sodium chloride (NaCl)

- About 40% of the weight of sodium chloride is sodium (Na)
- 90% of Americans’ sodium intake comes from salt





NUTRITION & BLOOD PRESSURE



Sodium: Recommended intake

- No more than 2,300 mg per day
- Ideally under 1500 mg per day, especially for people with high blood pressure or other risk factors for heart disease
- 9/10 Americans consume more than the recommended amount of sodium



- The average American consumes ~3,400 mg sodium per day

NUTRITION & BLOOD PRESSURE



Consuming too much sodium



Excess sodium in the bloodstream



Excess fluid pulled into the bloodstream



Total blood volume in the body increases



Blood pressure increases

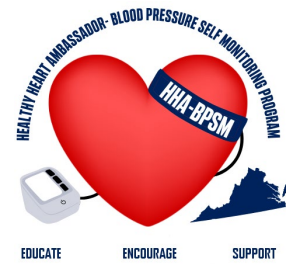


Strain on heart

Damage to blood vessels



NUTRITION & BLOOD PRESSURE



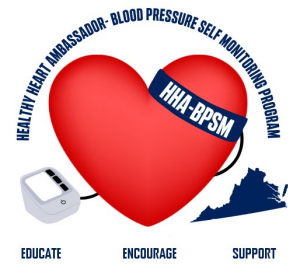
Who should be most concerned about their sodium intake?

People who have/are:

- Hypertension
- Diabetes
- Chronic kidney disease
- African Americans
- Age 51+



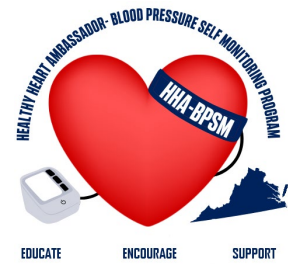
It's important to establish healthy nutrition and lifestyle habits regardless of your current health status to promote health & prevent chronic disease.



REDUCING SODIUM INTAKE



CONVERTING MG TO TEASPOONS



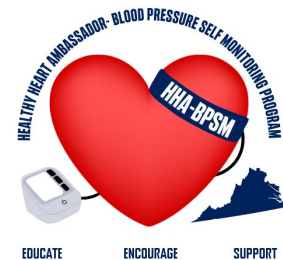
How many teaspoons of salt do you think would amount to 500 mg? 2300 mg?

- $\frac{1}{4}$ tsp. salt = 575 mg sodium
- $\frac{1}{2}$ tsp. salt = 1,150 mg sodium
- $\frac{3}{4}$ tsp. salt = 1,725 mg sodium
- **1 tsp. salt = 2,300 mg sodium**

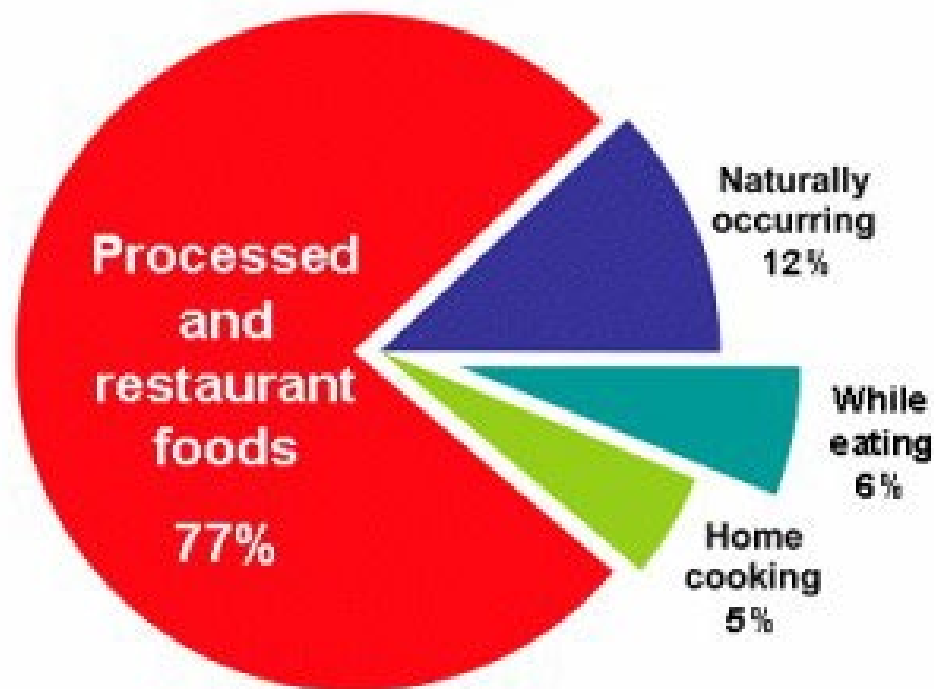
Try to consume **less than 1,500 mg sodium per day or less than $\frac{3}{4}$ tsp. salt per day**



WHERE DOES SODIUM COME FROM IN OUR DIET?

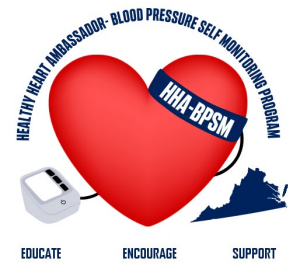


Sodium Intake Source



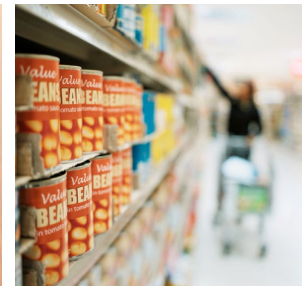
The majority of the sodium Americans eat comes from packaged, prepared, and restaurant foods — not the salt shaker

WHERE DOES SODIUM COME FROM IN OUR DIET?

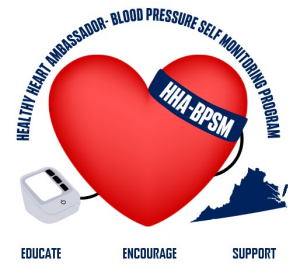


More than **75%** of sodium that we eat comes from **processed foods**

- Chips, pretzels, etc.
- Bread and rolls
- Tortillas
- Processed Meats
- Cheeses
- Condiments
- Sauces
- Canned goods



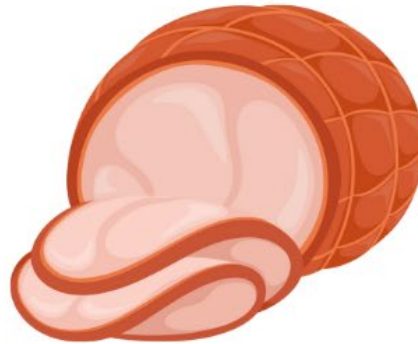
THE AMERICAN HEART ASSOCIATION “SALTY SIX”



Bread & Rolls



Cold Cuts & Cured Meats



Soup



Sandwiches



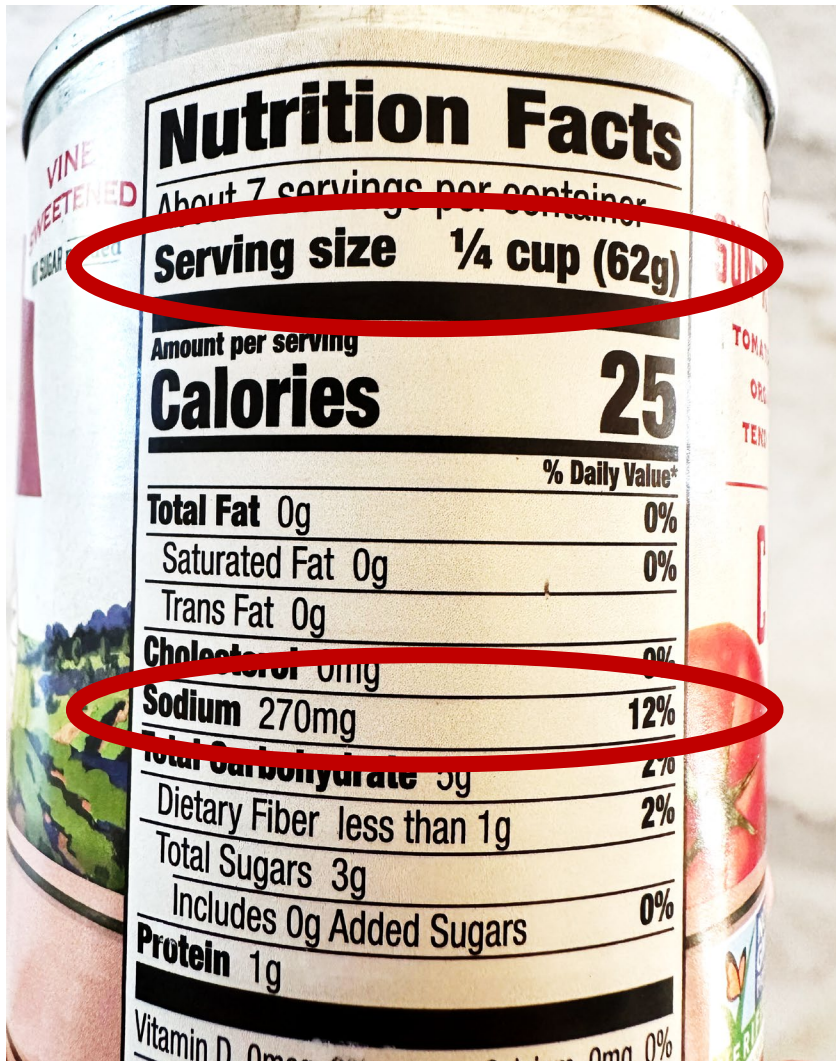
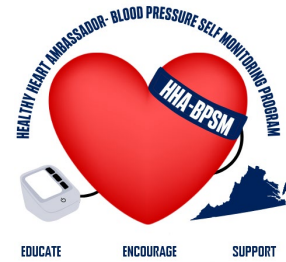
Pizza



Burritos & Tacos



READING NUTRITION LABELS



- Look at the total sodium content
- Use “% Daily Value” as a tool
 - Calculated based on a goal of 2300 mg/day
- Pay attention to serving size
 - Compare to how much you are actually eating/drinking
 - Scale up or down as needed

READING NUTRITION LABELS



Claims on labels:

Sodium Free

- Less than 5 mg sodium per serving & contains no sodium chloride

Very Low Sodium

- No more than 35 mg per serving

Low-Sodium

- No more than 140 mg per serving

Reduced sodium

- At least 25% or less sodium per serving than the usual sodium level of the product

Light

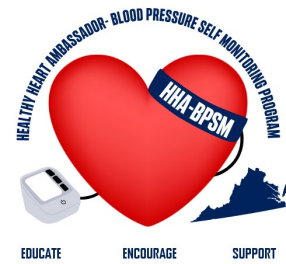
- For “low calorie” and “low fat” foods that contain at least 50% reduced sodium per serving

DISCUSSION



- Were you surprised by any of the types of foods that are high in sodium?
- What do you think some of the major sources of sodium are in your diet?
- What are some ideas that you have about how you could potentially reduce your sodium intake?

WHAT CAN YOU DO TO REDUCE SODIUM INTAKE?

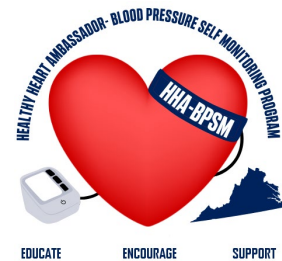


Follow the DASH eating plan

- Naturally low in sodium even before specific sodium limitations
- High in low sodium foods like vegetables and fruits
- Low in high sodium foods including highly processed foods and processed meats



WHAT CAN YOU DO TO REDUCE SODIUM INTAKE?

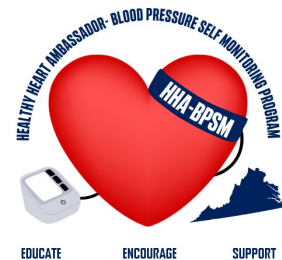


Shopping

- Buy more fruits & vegetables
 - Fresh, frozen, no-salt-added canned vegetables
- Buy fresh poultry, lean meat, & fish instead of processed meats
- Limit highly processed and prepared foods
 - Read nutrition labels to compare sodium levels – choose the options that are lowest in sodium
 - Buy low sodium, reduced sodium, or no salt added options when available



WHAT CAN YOU DO TO REDUCE SODIUM INTAKE?

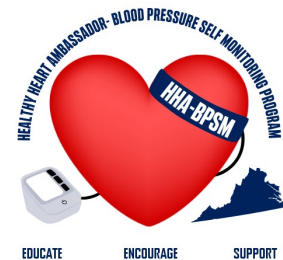


At home

- Prepare your own food when you can
- Use herbs and spices to add flavor to foods instead of salt
- Rinse canned vegetables and beans to remove salt
- Remove the salt shaker from the dinner table



WHAT CAN YOU DO TO REDUCE SODIUM INTAKE?



Eating Out

- If nutrition information is available, choose the options that are lowest in sodium
- Limit intake of dishes that are often high in sodium, like pizza, sandwiches, burritos, and tacos
- Ask for sauces, condiments, and salad dressings on the side





CHOOSING THE HEALTHIER OPTION

This or That?



Breakfast

- Breakfast sandwich with 1 egg, 1 slice of cheddar cheese, & turkey bacon on whole wheat English muffin with a cup of water
- Yogurt with oats, blueberries, & sliced banana with a cup of water

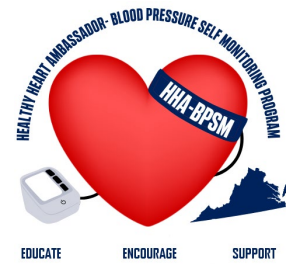
Lunch

- Greek salad with spinach, tomatoes, cucumbers, low-fat feta cheese, kalamata olives, pepperoncini & Greek dressing with a cup of water
- Whole wheat wrap with tomatoes, spinach, black beans, avocado, olive oil & balsamic vinegar

Dinner

- Grilled chicken with brown rice, steamed broccoli & a cup of milk
- Turkey burger with lettuce, tomato, onion, ketchup, mustard, & swiss cheese on a whole wheat bun with baked sweet potato wedges a cup of water

WHY REDUCING SODIUM WORKS



Contributes to healthy nutrition and lifestyle habits

- Promote health
- Prevent chronic disease

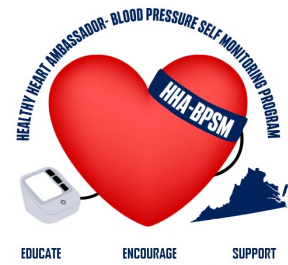
Reduce fluid retention

- Weight management
- Blood pressure management



Ultimately, you will feel better

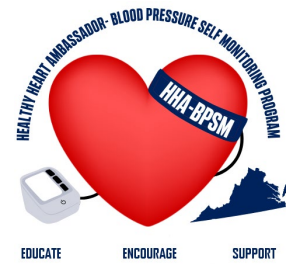
- Eliminate bloating & weight gain associated with fluid retention
- Easier to manage blood pressure



DISCUSSION



DISCUSSION



Think about what you have eaten today or yesterday...

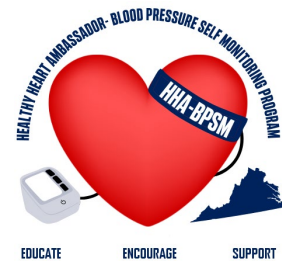
- What kinds of foods have you eaten that would help you reduce your sodium intake?
 - How could you change some of your food choices so you are taking in less sodium throughout the day?
-

Think about a time where you have eaten something that is really salty or had a day of consuming a lot of salt...

- How do you feel afterwards?
 - Have you noticed how it affects your blood pressure?
-

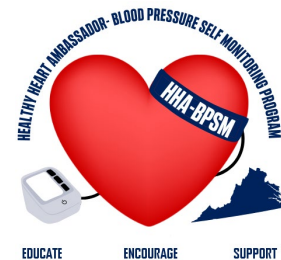
Think about all the kinds of “low sodium” foods that you can purchase at the grocery store...

- After learning about reducing your sodium intake and what “low sodium” means on a label, what can you do to ensure that you aren’t taking in too much sodium?



PHYSICAL ACTIVITY AND BLOOD PRESSURE MANAGEMENT

PHYSICAL ACTIVITY & BLOOD PRESSURE MANAGEMENT



Regular physical activity can lead to a significant reduction in blood pressure and improve other cardiovascular risks

Recommendation: At least 150 minutes of moderate intensity physical activity a week

Tips:

- Find forms of movement you enjoy
- Make it social
- Try “temptation bundling”
- If finding time is an issue, consider doing it in smaller chunks (10 minutes 3 times a day instead of 30 minutes all at once)





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THANK YOU