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How much salt intake per day

The American Heart Association recommends no more than 2,300 milligrams (mg) a day and moving toward an ideal limit of no more than 1,500 mg per day for most adults. Because the average American eats so much excess sodium, even cutting back by 1,000 milligrams a day can significantly improve blood pressure and heart health. And remember, more than 70 percent of the sodium Americans eat comes from packaged, prepared and restaurant foods – not the salt shaker. On average, Americans eat more than 3,400 milligrams of sodium each day – much more than the American Heart Association and other health organizations recommend. Most of us are likely underestimating how much sodium we eat, if we can estimate it at all. Keeping sodium in check is part of following an overall healthy eating pattern. How can I tell how much sodium I'm eating? You can find the amount of sodium in your food by looking at the Nutrition Facts label. The amount of sodium per serving is listed in milligrams (or mg). Check the ingredient list for words like "sodium," "salt" and "soda." The total sodium shown on the Nutrition Facts label includes the sodium from salt, plus the sodium from any other sodium-containing ingredient in the product. For example, this includes ingredients like sodium nitrate, sodium citrate, monosodium glutamate (MSG) or sodium benzoate. Remember to take note of the serving size on the Nutrition Facts label. If your portion size equals two servings of a product, you're actually eating double the sodium listed. Here are sodium-related terms you may see on food packages: Salt/Sodium-Free - Less than 5 milligrams of sodium per serving Very Low Sodium - 35 milligrams or less per serving Low Sodium - 140 milligrams or less per serving Reduced Sodium - At least 25 percent less sodium per serving than the usual sodium level Light in Sodium or Lightly Salted- At least 50 percent less sodium than the regular product No-Salt-Added or Unsalted - No salt is added during processing - but these products may not be salt/sodium-free unless stated Remember: Sodium levels vary in the same foods depending on the brand or restaurant. At the end of the day it's easy to tally how much sodium you consumed so you can make better choices as needed. Sometimes a small adjustment can bring big results when it comes to your health! Is there such a thing as eating too little sodium? Worried that you're not getting enough sodium? It's not likely. There's no reliable evidence that eating less than 1,500 mg per day of sodium is a risk for the general population. The body needs only a small amount of sodium (less than 500 milligrams per day) to function properly. That's a mere smidgen – the amount in less than ¼ teaspoon. Very few people come close to eating less than that amount. Plus, healthy kidneys are great at retaining the sodium that your body needs. The guideline to reduce to 1,500 mg may not apply to people who lose big amounts of sodium in sweat, like competitive athletes, and workers exposed to major heat stress, such as foundry workers and fire fighters, or to those directed otherwise by their healthcare provider. There is some evidence that it could be harmful to certain patients with congestive heart failure. If you have a medical conditions or other special dietary needs or restrictions, you should follow the advice of a qualified healthcare professional. Pexels Mineral salts are substances extracted from bodies of water and below the Earth's surface. Some examples of mineral salts include sodium, chlorine, calcium, phosphate, magnesium, sulfur, potassium, and phosphorus. Minerals are important to humankind for their use in foods and in ways that the human body needs to develop and function normally. One of the most common minerals in the world is salt. It's made by combining sodium and chlorine to form sodium chloride. This crystallized substance is refined into table salt or used as rock salt in other natural forms and is used in health and wellness, food preparation, and human balance. History Ever since humanity's earliest days, natural salts have been extracted by men from bodies of water and the Earth. Generally, all underground salts come from salt mines, salt flats, salt fields, and similar mineral-rich areas. Salt is also found in waterfalls, springs, seas, oceans, and other bodies of water that are high in minerals. For example, a popular sea salt is salt that comes from the Dead Sea. Another one is Himalayan pink salt, which is derived from both land and sea. Throughout history, salts derived from these areas have been used in areas of medicine, food, healing, cleansing, and more. Human Body Mineral salts are very popular for human medicinal uses. This is because the minerals found in salts are an essential part of the human body's composition, helping it to work in the right way. The types of mineral salts found in the human body include sodium, chloride, fluoride, iodine, zinc, and iron. Mineral salts are important to support and maintain the body's digestion, fluid balance, muscle function, and blood pressure, among others. In the absence of these critical mineral salts, humans could be more apt to develop health issues like anemia, goiters, and general fatigue. Food Uses Mineral salts are abundant in many food and drink items, which make up a major portion of the human diet. You'll find mineral salts in a variety of fruits, vegetables, eggs, red meat, poultry, fish, and grains. The most commonly used mineral salt is table salt, which is used all around the world. Made up primarily of sodium chloride, table salt is essential for animal and human life. Mineral salts are also found in carbonated drinks, beer, cheese, food seasonings, bread, canned foods, and baked products. Mineral salts are also used in food preservation and food for animals. Health & Wellness One of the most popular uses of mineral salts is in the area of aromatherapy for health and wellness. Combined with essential oils in a tub filled with water, mineral salts provide a balm of relaxation to the user. Soaking in the salts helps relax muscles, soothe aches and pains, lower inflammation, help eliminate harmful toxins from one's body, boost circulation, and promote healthy qualities for body and mind. Another health aspect of mineral salts is that they are also beneficial to human hair. Using mineral salts can help build up one's hair volume, shine, and overall strength. Mineral salts cleanse a person's scalp and are a natural defense to ward off issues caused by dryness. MORE FROM REFERENCE.COM Most of the sodium we consume is in the form of salt, and the vast majority of sodium we consume is in processed and restaurant foods. Your body needs a small amount of sodium to work properly, but too much sodium is bad for your health. Excess sodium can increase your blood pressure and your risk for heart disease and stroke. Together, heart disease and stroke kill more Americans each year than any other cause.1 Americans get about 70% of their daily sodium from processed and restaurant foods.2 What is processed food? Sodium is already in processed and restaurant foods when you purchase them, which makes it difficult to reduce daily sodium intake on your own. Although it is wise to limit your use of added table salt while cooking and at the table, only a small amount of the sodium we consume each day comes from the salt shaker. Did you know that sodium and potassium both affect blood pressure? In general, people who reduce sodium, who increase potassium, or who do both benefit from having lower blood pressure and reducing their risk for other serious health problems. Eating enough potassium each day can help balance out some of the harmful effects that high sodium intake can have on blood pressure. But lowering sodium intake is key to this balance. CDC works at the national, state, and local levels to help reduce sodium in the food supply. CDC's approach to sodium reduction includes supporting and evaluating ongoing efforts to reduce sodium, providing technical assistance to the public health community, expanding the scientific literature related to sodium reduction, collaborating with stakeholders, and educating the public. Learn more about CDC's sodium reduction efforts. In October 2021, the U.S. Food and Drug Administration (FDA) released guidance to set measurable voluntary sodium reduction targetsexternal icon for processed, packaged and prepared foods. The FDA's guidance lays out short-term sodium reduction goals for food manufacturers, restaurants and food service establishments, for about 160 categories of food. The sodium reduction targets aim to decrease average dietary sodium intake from 3,400 milligrams (mg) to 3,000 mg per day, over the next 2.5 years. This guidance leads the public closer to achieving the Dietary Guidelines for Americans' recommended sodium limit of 2,300 mg per day (for those 14 years and older) and will result in decreased risk of heart disease, stroke and hypertension. Sodium Q&A Read answers to frequently asked questions about sodium. Learn about the difference between sodium and salt, why reducing sodium intake is important, what you can do to reduce sodium consumption, and more. Kochanek KD, Xu JQ, Murphy SL, Miniño AM, Kung HC. Deaths: final data for 2009. Nat Vital Stat Rep. 2011;60(3). Harnack LJ, Cogswell ME, Shikany JM, Gardner CD, Gillespie C, Loria CM, et al. Sources of sodium in US adults from 3 geographic regionsexternal icon. Circulation. 2017;135(19):1775-1783.

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