



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BLOOD PRESSURE SELF-MONITORING PROGRAM

REDUCING SODIUM INTAKE

Date



REDUCING SODIUM INTAKE

Overview

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

NUTRITION & BLOOD PRESSURE

NUTRITION & BLOOD PRESSURE

Sodium: Recommended intake

- General population: <2,300 mg per day
- Special populations: <1,500 mg per day
- **9/10 Americans consume more than the recommended amount of sodium**
- The average American consumes ~3,400 mg sodium per day
- Excess sodium intake...
 - Causes the body to retain fluid
 - Can be hard on the heart
 - Makes blood pressure management much more difficult

NUTRITION & BLOOD PRESSURE

Who should be most concerned about their sodium intake?

- People who are at risk for developing heart disease
 - Age 51+
 - African American
 - Hypertension
 - Diabetes
 - Chronic kidney disease

*This accounts for about **1/2 of the U.S. population!**

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

REDUCING SODIUM INTAKE

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 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 sodium chloride

WHAT IS SODIUM

Consuming too much sodium leads to excess sodium in the bloodstream

Excess sodium in the bloodstream → excess fluid that is pulled into the bloodstream

- Total blood volume in the body increases
- More blood flowing through the body
- Blood pressure increases

REDUCING SODIUM INTAKE

A visual on sodium...

- $\frac{1}{4}$ tsp. salt = 575 mg sodium
- $\frac{1}{2}$ tsp. salt = 1,250 mg sodium
- $\frac{3}{4}$ tsp. salt = 1,725 mg sodium
- **1 tsp. salt = 2,300 mg sodium**

*Try to consume **<1,500 mg sodium** per day

- **< $\frac{3}{4}$ tsp. salt** per day

REDUCING SODIUM INTAKE

Where does salt come from?

- More than **75%** of sodium that we eat comes from **processed foods**
 - Chips, pretzels, etc.
 - Bread
 - Condiments
 - Cheeses
 - Processed Meats
 - Pizza
 - Canned goods
 - Baked goods
- Adding salt to foods
- Naturally-occurring



REDUCING SODIUM INTAKE

What can you do?

- Eat more fruits & vegetables
 - Fresh, Frozen, No salt added canned vegetables
 - Rinse canned vegetables & beans to reduce sodium!
- Use fresh poultry, lean meat, & fish instead of processed
- Limit sauces, ready-made mixes, & instant products
- Use spices to flavor food
- Ask for no salt when dining out
- Read nutrition labels to compare sodium levels– choose the options that are lowest in sodium!
- Buy low sodium, lower sodium, reduced sodium, or no salt added options when available

REDUCING SODIUM INTAKE

What does it mean?

- Sodium Free
 - <5 mg sodium per serving & contains no sodium chloride
- Very Low Sodium
 - ≤ 35 mg per serving
- Low-Sodium
 - ≤ 140 mg per serving
- Reduced (or less) sodium
 - At least 25% or less sodium per serving than the usual sodium level of the product
- Light (for sodium-reduced products)
 - For “low calorie” and “low fat” foods that contain at least 50% reduced sodium per serving

REDUCING SODIUM INTAKE THROUGHOUT THE DAY

Sample Meals

- Breakfast
 - Whole wheat toast with peanut butter, banana, blueberries, & a cup of milk
- Lunch
 - Quinoa salad with black beans (rinsed), scallions, corn, red peppers, mango and avocado with a cup of milk
- Dinner
 - Grilled chicken (seasoned with rosemary and lemon) with brown rice, broccoli and a cup of milk

CHOOSING HEALTHIER FOODS

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, pepperoncinis & 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

- Establish 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 after you have eaten something that is really salty or after a day of consuming a lot of salt...
 - How do you feel?
- 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

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- Evidence has shown that regular physical activity can lead to a significant reduction in blood pressure and improve other cardiovascular risks.
- Moderate physical activity has also been proven to decrease blood pressure in hypertensive patients who are less responsive to medical treatment.
- **30 minutes of physical activity a day (equivalent to brisk walking) 6-7 days each week (180 minutes each week) may result in better management or a reduction in one's blood pressure.**

PHYSICAL ACTIVITY AND BLOOD PRESSURE MANAGEMENT

Resources to support this claim include, but are not limited to:

- "Exercise in Resistant Hypertension: Aerobic Exercise Reduces Blood Pressure in Resistant Hypertension." Hypertension. 2012
- "Hypertension." Exercise Testing and Exercise Prescription for Special Cases: Theoretical Basis and Clinical Application. 2005
- "Regular Aerobic Exercise Augments Endothelium-Dependent Vascular Relaxation in Normotensive As Well As Hypertensive Subjects" Circulation. 1999
- "The effects of aerobic exercise and T'ai Chi on blood pressure in older people: results of a randomized trial." Journal of the American Geriatrics Society. 1999



THANK YOU