

LOOK AT THE SALT

Week One: Salt – What’s the Big Deal?

You probably already know that we have too much salt in our diets. Salt is made up of two elements: sodium and chlorine. Most of the time, sodium is added to our food to increase the flavor or to preserve it. The average Canadian eats 3400 mg of sodium per day which is over 1000 mg above the daily maximum. We need sodium in our body to function optimally, but an excess amount of sodium can pose health consequences.

Types of Salt

Salt	Description
Kosher	Flaky and course structure.
Crystalline Sea Salt	Less ground than regular table salt. Made by evaporating seawater.
Himalayan Sea Salt	Mined from salt mine in Pakistan. The pink is from the presence of iron oxide.

All these salts still contain sodium. They aren’t any healthier than table salt.

Why Too Much Sodium is a Problem

- In healthy amounts, sodium is needed for proper muscle and nerve function
- In healthy amounts, sodium helps to control blood pressure and maintain fluid balance
- In excess, sodium causes extra water to be stored in your body which raises your blood pressure
- When your blood pressure is raised, it strains your cardiovascular system

Health Risks Associated Excessive Amounts of Sodium

- High blood pressure (hypertension)
- Stroke
- Heart disease
- Kidney disease
- Increased risk of osteoporosis
- Increased risk of stomach cancer
- Increased severity if asthma



Advised Limits of Daily Salt Intake

Age	Recommended Daily Intake	Maximum
14-50	1500 mg	2300 mg
51-70	1300 mg	2300 mg
71+	1200 mg	2300 mg

Source: www.canada.ca/en/health-canada/services/nutrients/sodium/sodium-basics.html, www.authoritynutrition.com