

# sodium



The body needs some salt to help maintain the right balance of fluid in and around each cell. However the majority of people in first world countries consume too much salt. The recommended daily sodium intake for adults ranges from 920 to 2300mg. Lower levels are recommended for children.

The Sodium levels in the body are under very tight control because they help to:

- Regulate the body's fluid levels and blood pressure.
- Control the acid levels or pH of the body fluids
- Transmit signals between the nerves and the muscles of the body

Consuming large amounts of Sodium can cause the Sodium levels in the blood to rise to dangerous level, resulting in high blood pressure (hypertension) and fluid retention (oedema). For those with elevated blood pressure a diet that is fairly low in Sodium can decreasing the levels of Sodium in the blood and the amount of fluid in the blood, in turn reducing an individual's blood pressure.

Large amounts of Sodium can be lost from the body when a person is suffering diarrhoea, is sweating very heavily or has a kidney condition that prevents the body reabsorbing Sodium. This can cause dramatic falls in blood pressure that can result in shock.

Fresh foods contain a small amount of sodium and can meet the body's requirements without providing an excess of sodium for most people. Fresh meats are a good source of sodium as well as milk, eggs and seafood. Foods high in sodium include processed meats, fast foods, smoked meats, soy sauces and processed snacks such as chips and pretzels. The SureSlim Quick Loss Program provides you with a healthy intake of sodium. Other tips that can help you to lower your overall salt intake are:

- Reduce or avoid using salt in cooking and when eating meals.
- Avoid adding salt during the cooking of meat as salt draws moisture out of the meat and can make it quiet dry.
- Entice your tastebuds and enhance your meals with spices. Just ask your consultant for ideas!
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Reference: <http://www.woolworths.com.au/dietinfo/rsa28.asp>  
<http://www.saltinfo.com/>  
<http://au.health.yahoo.com/041101/25/1ur7.html?r=967673105>

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