



NOMC MEDICINE BUZZ

WHY CUT BACK ON YOUR SALT INTAKE?

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Now that we've survived summer cookouts, Southern Decadence and Labor Day, it's time to check back in on our day-to-day health. Excessively high salt intake is sometimes hard to control and can sabotage your ability to maintain a healthy lifestyle - complicating the management of conditions such as cardiovascular disease, diabetes, and high blood pressure.

DID YOU KNOW?



Our body only needs 300 mg of sodium each day. That's only about a 1/4 teaspoonful of salt!



1 dill pickle spear = 306 mgs of sodium / 1 cup dill pickle slices = 1,356 mgs. sodium

Even if you eat just one dill pickle slice, you are still consuming 61 milligrams of sodium, which is quite a bit for one tiny pickle slice.

RECOMMENDED DAILY INTAKE OF SALT

Less than 2400mg of sodium per day. The majority of the salt we eat comes from prepared food, only 10% comes from what we add at the table or during final cooking.

KNOWING YOUR SALT

All salt is sea salt. The only difference between various salts is (a) IF it was dug-up from an ancient sea bed that is now dry (Table Salt) or (b) dried from newly gathered sea water (Sea Salt).

SEA SALT

A generic term for salt from newly gathered sea water. Sea salt does have more "other" minerals than Table Salt. If you used sea salt for your entire 2400 mg for the day; you would get almost 5 mg of Calcium (versus the 2.5 mg in table salt).



TABLE SALT

Mined from ancient sea beds or salt domes (like Avery Island, LA) is sold either with or without iodine added to it. The iodine is added to help prevent goiters and

subclinical hypothyroidism.

KOSHER SALT

Also known as "Flower of Salt" is a popular alternative to traditional fine grain table salt. It can be made from either type of salt. Some brands use sodium ferrocyanate (Yellow Prussate Soda) to encourage the large star shaped crystals to form.



HIMALAYAN (OR PINK) SALT

A salt mined from the ancient sea beds of the Himalayan Mountain region.



SMOKED SALT

A traditional product found in several native cultures around the world. It is characterized by a mild to strong smoked wood taste depending on the specific variety.



FLAVORED SALT

(many varieties - truffled, herbed, spiced) - Salt with flavors (a) added to salted water which is then allowed to dry into salt or (b) stored with the salt for some period of time before sale.



TASTE TIP: When you cook: kosher salt and those with other trace elements like pink salt or smoked salt can taste more intense than table salt. If used carefully as "finishing salt" - as a light dusting on the surface just before serving - they can help people use less salt overall. Put these more expensive salts into your cooking earlier and they basically just salt.

Read More on this topic and more at neworleansmusiciansclinic.org

SALT INTAKE

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