SODIUM

Why do I need it?
→ Electrolyte that maintains fluid balance
→ Nerve function
→ Muscle contraction

Why should I limit it?
→ Overconsumption raises blood pressure
→ Can increase risk of heart disease and stroke

What foods should I eat?
→ LIMIT processed meats, soy sauce, chips, packaged foods, fast foods, table salt
→ Should increase consumption of fresh fruits and vegetables
→ Should consume no more than 1500 mg/day
→ Important for athletes (lost in sweat)

Sourced from: McGuire, M. and Beerman, K. Nutritional Sciences: From Fundamentals to Food