

PRACTICAL STRATEGIES TO ADDRESS THE IMPACT OF INCREASED SODIUM CONSUMPTION ON CVD RISK

SLEEP, SODIUM, AND CVD

DIETARY RECOMMENDATIONS FOR A LOW SODIUM DIET



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CRITICAL TO KNOW HOW TO READ FOOD LABELS

The sodium content is listed on the foodlabel per serving size. Ignore the % daily

The serving size represents the typical

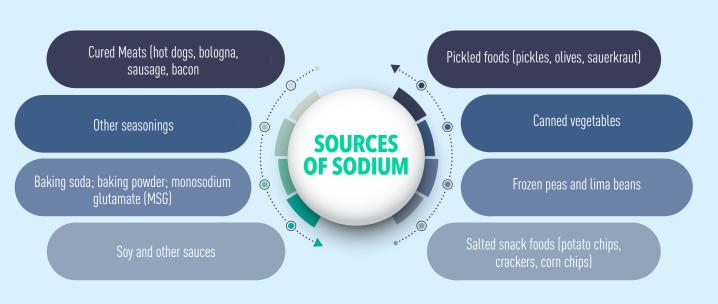
amount eaten by an adult.

value and focus on the amount of mg sodium per serving. Remember, if you eat more than one serving. you will get more sodium than the amount listed.

"Low sodium"= 140 mg or less per serving "No sodium" = less than 5 mg per serving

Nutrition Facts Serving Size 1 cup (228 g) Servings per container: 2 Amount Per Serving **Calories** 90 Fat Calories 30 % Daily Value* Total Fat 3q 5% Saturated Fat 0g 0% Trans Fat 0g Cholesterol 0mg 0% Sodium 300mg 13% Total Carbohydrate 13g 4% 12% Dietary Fiber 3g Sugars 3g Protein 3g 80% Vitamin C 60% Vitamin A Calcium 4% Iron 4%

*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower, depending on your calorie needs.



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HEALTH BENEFITS OF A LOW SODIUM DIET



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• T_u17 cells↑

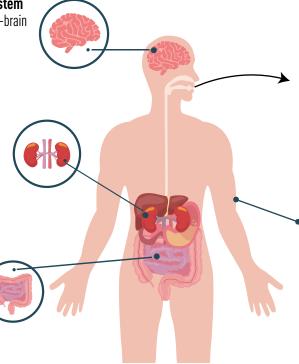
High salt and the kidney

- High salt promotes immune cell infiltration and hypertension
- Cytokine release by T cells and macrophages promotes sodium retention and organ damage

High salt, Cl tract and GALTs (salt affects the microbiome

and lymphoid tissue)

- Lactobacillus spp. abundance
- T17 cells T
- Exacerbation of experimental colitis and salt-sensitive hypertension



High-salt diet (for example, consumption of processed foods)

High salt and interstitial sodium storage

- Sodium binds to the ECM in various tissues (for example, skin, skeletal muscle and vessels)
 - Tissue sodium affects macrophages
 - Improved pathogen clearance (Leishmania)
 - Delayed wound healing
 - VEGF-C produced by macrophages facilitates sodium removal via lymph capillaries

Acids can make dishes go from dull and boring to exciting and more flavorful.

Before you reach for the salt, try adding an

Like salt, acid can increase flavor. It can also bring out more flavors than salt.

Suggestions /Advice for **Reducing Dietary** Sodium

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Other acids include juice of citrus fruits like lemons, limes and oranges.

Different types of acids that can be used in cooking include vinegars, tomatoes and wine.

If using acid to increase flavor in a dish, add a splash of vinegar, wine or some tomatoes at the beginning of cooking, and add a splash of citrus juice at the end of cooking.

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SUGGESTIONS/ADVICE FOR REDUCING DIETARY SODIUM

SKIPPING THE BREADBASKET.

Breads add a lot of sodium to our diet because we eat a lot of it.

Breads don't taste salty, so we may not know how much sodium we are eating.

Avoiding menu items that have a lot of cheese or include processed meats, such as bacon, ham and salami.

AVOIDING FOODS THAT ARE PICKLED OR SMOKED. Smoked foods are often high in

sodium because of the marinades (acidic sauce), rubs (blend of spices) and brines (water with salt) that are used before the meat or fish is smoked.

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