

SLEEP, SODIUM, AND CVD

DIETARY RECOMMENDATIONS FOR A LOW SODIUM DIET



SLEEP, SODIUM, AND CVD

CRITICAL TO KNOW HOW TO READ FOOD LABELS

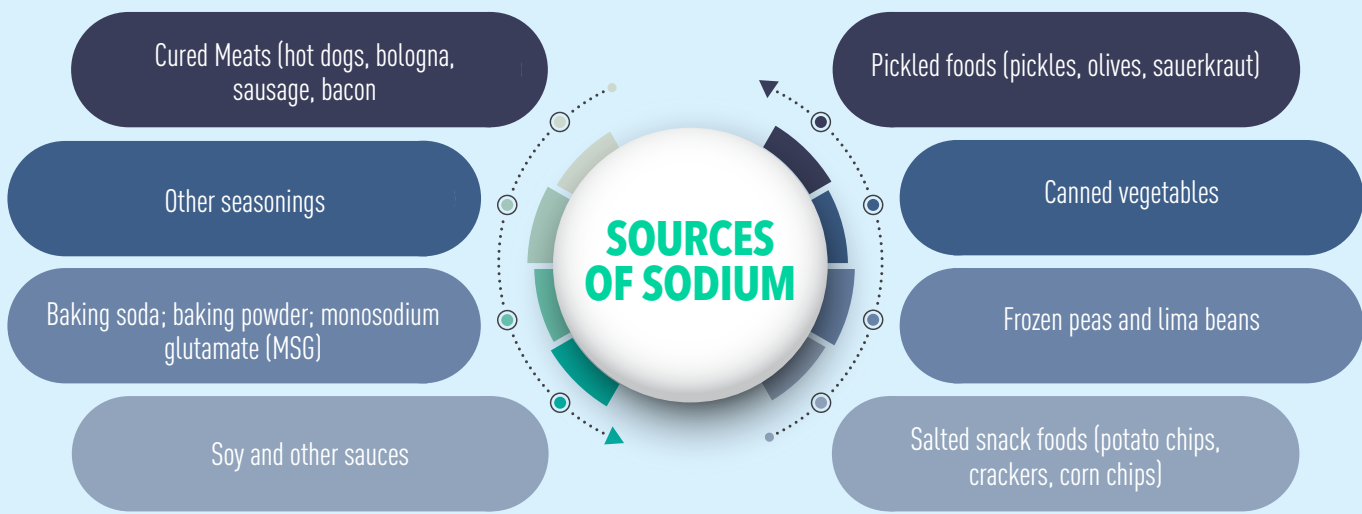
The serving size represents the typical amount eaten by an adult.

The sodium content is listed on the food label per serving size. Ignore the % daily 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 3g			5%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 300mg			13%
Total Carbohydrate 13g			4%
Dietary Fiber 3g			12%
Sugars 3g			
Protein 3g			
Vitamin A	80%	Vitamin C	60%
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

High salt and central nervous system

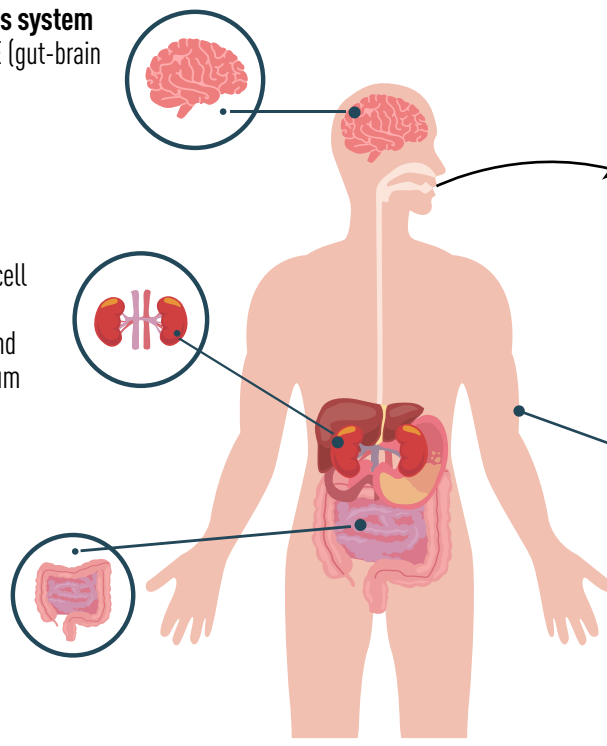
- High-salt diet aggravates EAE (gut-brain axis)
- T_H17 cells ↑

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, GI tract and GALTs

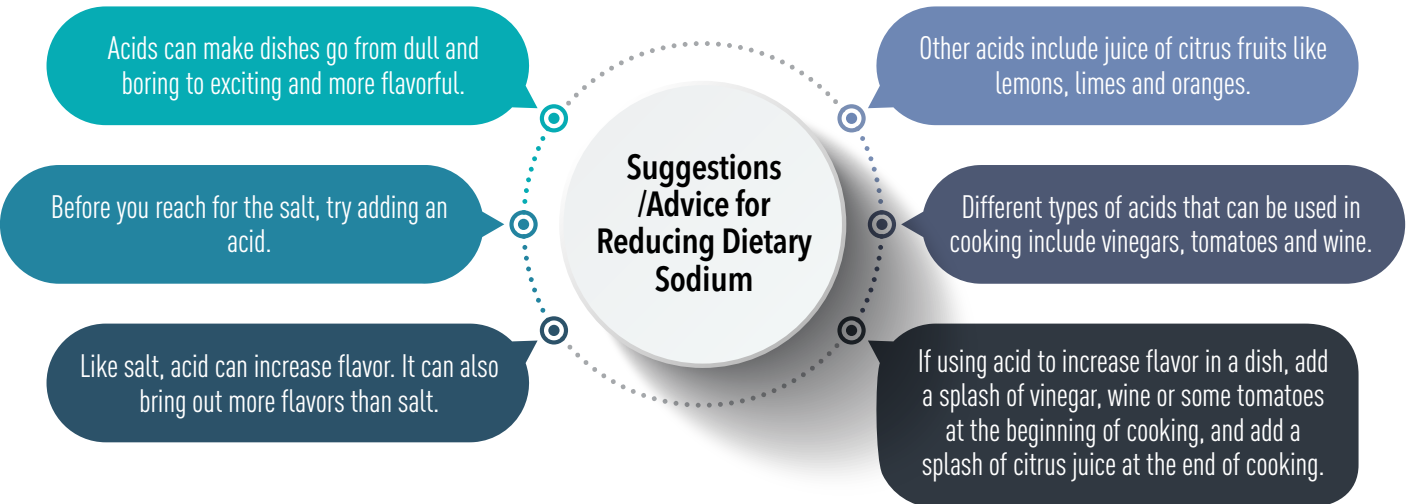
- (salt affects the microbiome and lymphoid tissue)
- Lactobacillus spp. abundance
 - T17 cells ↑
 - Exacerbation of experimental colitis and salt-sensitive hypertension



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



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SUGGESTIONS/ADVICE FOR REDUCING DIETARY SODIUM

