



SALT

The essential ingredient for achieving food freedom



Why we need salt

- Sodium is an essential mineral that is largely consumed as sodium chloride (i.e., salt).
- Each litre of blood contains 3200 mg of sodium (>1.5 tsp of salt) which plays vital roles in cellular function & heart health.
- Our kidneys are continuously reabsorbing sodium to maintain healthy blood levels. Inadequate sodium intake can put a huge strain on the kidneys.
- Sodium losses can be accelerated with
- stress (including stress from chronic dieting)
- low-carbohydrate or ketogenic diets
- caffeine
- physical activity or labour
- chronic pain
- sleep apnoea, insomnia or poor sleep
- medications
- Some diseases reduce sodium absorption:
- Coeliac Disease
- Inflammatory Bowel Disease (IBD)
- Irritable Bowel Syndrome (IBS)
- hypothyroidism

KEY POINTS

Sodium is essential for life and we must get adequate sodium through our diets

Low salt diets (<3000 mg sodium or ~1.5 tsp salt) can lead to poor physiological health

If you have high sodium losses, you may need much more than 3000 mg sodium daily

It is very difficult to overconsume sodium, especially if you are prioritising whole foods



Do you need more salt?

Symptoms of sodium deficiency include:

- low energy or fatigue
- reduced exercise performance or capacity
- sugar or salty cravings
- excessive hunger or lack of satiety
- muscle cramps
- headaches and migraines
- dry, itchy eyes
- excessive thirst (insatiable thirst)
- excessive urination (waking up to urinate)
- dizziness on standing
- elevated heart rate or heart palpitations
- bloating, diarrhoea or constipation
- nutrient deficiencies (e.g., iron, B12)
- insulin resistance (weight loss resistance)

Sources of sodium

Target: 3000-6000 mg daily

• Salt* (0.5 teaspoon): 1000 mg

• Parmesan (50 g): 750 mg

Camembert (50 g): 400 mg

• olives (50 g): 350 mg

• sardines (100 g): 300 mg

• salted butter (50 g): 300 mg

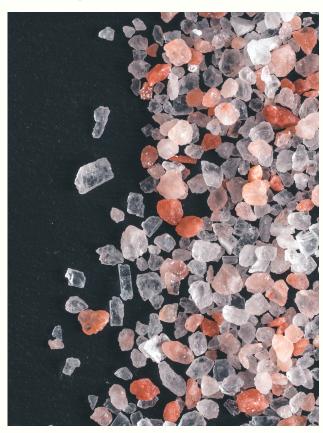
• salted nuts (50 g): 300 g

• mackerel fish (100 g): 250 mg

• seaweed/kelp (50 g): 250 mg

• cheddar (50 g): 150 mg

*Real salt (Himalayan, sea, Redmond's Real Salt) can provide other essential minerals like iodine, magnesium and potassium.



DON'T JUST TREAT IT, PREVENT IT!

To help you reach your sodium requirements, spoon the amount of salt you need into a small jar that you can take with you across the day. **3000-6000 mg of sodium = 1.5-3 teaspoons of salt.** If you are exercising or working in the heat, you need 0.5 teaspoon of salt for every hour of activity.

