



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 over-consume sodium, especially if you are prioritising whole foods



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.

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)



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.

