

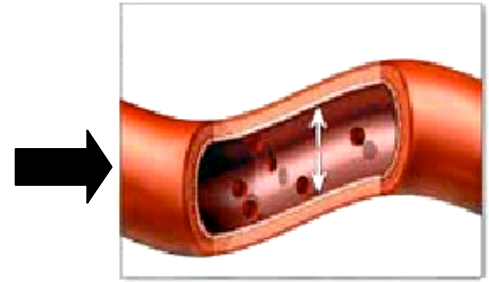
Salt & Potassium

Salt Surplus

Too much salt increases blood pressure by increasing blood volume. This is dangerous because high blood pressure causes the heart to work harder. As a result, the extra force exerted on the artery walls by the increased blood volume can damage them.

Normal blood pressure reduces risk of heart disease, stroke, heart failure, and kidney disease.

In addition to lowering salt intake, increasing potassium intake, losing excess body weight, increasing physical activity and an overall healthy eating pattern can help prevent or delay the onset of high blood pressure.



Force applied to artery walls

Potassium Possibilities:

How does potassium help?

- Blunts the effect of salt on blood pressure
- May reduce the risk of kidney stones
- May decrease bone loss with age



Cutting back

New salt recommendation:
2300 mg/day = about a teaspoon
(2000 Dietary Guidelines = 2400 mg/day)

Potassium-rich fruits and vegetables:

Leafy green vegetables such as greens and spinach, tomatoes or canned tomato products, sweet potato, white potato, white beans, soybeans, lima beans, winter squash, lentils, kidney beans and split peas.

Meat, milk and cereal foods have potassium, but it is not as readily available for absorption.



Information taken from USDA's MyPyramid.gov 8/05
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