

- Food—sodium content

How much salt is too much?

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In the last few decades, salt intake among people has increased manifold. Salt is essential to maintain the water and electrolyte balance in humans, but like all food ingredients, it needs to be consumed in the right quantity. The American Heart Association recommends 1,500mg or 3.8g of salt daily for adults. Children less than one year of age should not be given salt.

According to the Global Burden of Disease study published in The Lancet, high intake of sodium is the largest attributer to mortality. An estimated 2.5 million annual deaths could be prevented if global salt consumption were reduced to the right level.

High salt intake is linked to increased inflammation, oxidative stress, high blood pressure, damage to the arteries, improper functioning of kidneys, decreased bone mineral density, and stroke or dementia. There is a 17% increase in cardiovascular events for every 1,000mg/day increase in sodium intake. Not only the amount of salt, but the ratio of salt to energy intake also makes a difference in how it will impact a person's body.

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