



ELITE

Personal Training and Fitness Solutions

# HEALTH TOPIC OF THE WEEK

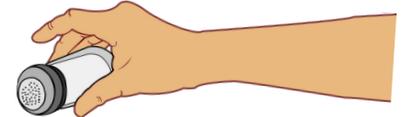
## 8/29: Salt

Earlier this month we looked at sugar and artificial sweeteners. This week the spotlight is on salt. The September 6, 2021, weekly health topic also discussed salt. However, that article focused on comparing salt and potassium. Want a refresher? Click below:



[https://www.elitepersonaltrainingandfitnesssolutions.com/\\_files/ugd/cdedf0\\_a73f417995e8467194bde913f0ca423e.pdf](https://www.elitepersonaltrainingandfitnesssolutions.com/_files/ugd/cdedf0_a73f417995e8467194bde913f0ca423e.pdf)

### Now let's focus solely on salt...



“Please pass the salt” is a request you may want to reconsider!

Consuming too much salt can raise blood pressure, which in turn causes heart disease, stroke, and kidney disease.

The American Heart Association recommends that adults consume no more than 2300 mg salt per day. The ideal limit is around 1500 mg per day. An individual who eats the standard American diet [SAD] can surpass this amount by mid-day!

Where are we getting all this excess salt? Look no further than manufactured and processed foods. These high sodium culprits use sulfur flavor, texture, color, and an enormous amount of dangerous chemicals and preservatives.

More than 70% of the sodium Americans eat comes from what has been added by the food industry to products later purchased in stores or restaurants. Once you start adding additional salt to food that already has too much sodium in it you are heading for danger.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at [Eliteptf.com](https://www.eliteptf.com) for more information and to schedule your evaluation.

A study looking at more than 500,000 people between 2006 and 2010 found that the more salt people added to their meals, the greater their chance of early death.

But the good news is that a 2020 meta-analysis of 133 completely randomized trials on lowering salt intake found strong evidence that cutting back dietary sodium reduced blood pressure in those with existing hypertension - and even those who were not yet at risk.

If you start looking at food labels, you will be shocked by how much sodium is in most of the food you eat. A typical serving of canned vegetables has approximate 500 mg of sodium. Even more alarming, the average TV dinner has approximately 1800 mg of sodium.

The facts are clear and unequivocal. Increased sodium levels lead to cardiac disease. Cutting back on sodium improves cardiac health and longevity. The difficulty is learning how to eat in a way that is safe, sound, scientific and sustainable. EPT to the rescue.

Not feeling up to the challenge of changing your diet? The staff at Elite love to eat, and we love to eat well. Let us help you do the same. Eating healthy does not have to be a drag.

In addition to excellent credentialing and experience in exercise science and physiology, all our trainers are Certified Functional Nutritional Professionals. We can suggest salt substitutes and many other eating strategies to improve your health.



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