



Review of dietary salt/sodium intake and its impact on pediatric and adult population.

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Abstract:

Sodium(Na) is a very vital micronutrient needed for survival of life in balanced amount. It helps in regulating fluid balance in our body. Analysis of dietary salt/sodium intake and its impact on pediatric and adult population searched. Major articles with salt and Na intake in diet reviewed and analysed. Na represents the (39.34%) of the formula weight of sodium chloride (Na=23,Cl=35). Our natural diet provides usually 300-400 mg of Na per day. AHA study shows salt intake in India ranging from 9.45-10.41 gms/day. ICMR statement is that salt intake has lots of variation between 5gm to as high as 30gm/day. This may be because of lots of differences between social and cultural and dietary lifestyle of population and on the other hand increasing fast food, processed food intake, frequent restaurant culture, increasing readymade and processed food culture in developing nation. There is very high use of condiments. Sodium adds flavor to readymade foods and also prevents food from spoiling. It is evident that majority of population having diet in high sodium. Shift to low sodium healthy life style adaptation and proper health awareness and pushing commercial



food companies to make for low sodium or no sodium is way for healthy world and indirectly saving millions dollar economy for nation.

Biography:

Dr. Laxmi Kant Bharti is the specialist in paediatrics - medicine and his special skills are pediatric nutrition, critica.

Recent Publications:

1. Clinics in Surgery Constipation in Indian Children, Basant Kumar, Laxmi Kant Bharti

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