

What's Shaking With Sodium?



Meet the Speaker Panel

Featured Speaker



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Moderator



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Featured Speaker



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Corporate Chef
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Overview

Part I

- Background: Overview of Sodium Intake and Functions
- Policy Behind Sodium Dietary Recommendations

Part II

- Low-Sodium Cooking Demonstration

Slides will be available after the webinar

Overview of Sodium Intake and Functions

Salt vs. Sodium: What's the Difference?

- Salt is made up of about 40% sodium and 60% chloride



Fleur de Sel



Table Salt

Salt = Salt

- Salt is the most common source of sodium in the diet
 - No other substance except water is as widely distributed in food as salt
- 1 teaspoon of salt weighs ~6 grams and contains about 2,300 milligrams of sodium



Function of Sodium in the Body



- Helps maintain fluid balance and adequate hydration in the body
- Helps transmit nerve impulses
- Influences contraction and relaxation of muscles
- Kidneys work to regulate sodium balance
- Certain conditions can affect the body's normal handling of sodium



Sodium and Blood Pressure in Adults



- High blood pressure affects 1 in 3 adults
- The body of scientific evidence suggests that sodium reduction decreases blood pressure in sodium sensitive individuals
- Other lifestyle modifications are also important for controlling blood pressure
 - Maintain a healthy weight
 - Regular physical activity
 - Increasing potassium intake
 - Avoid tobacco smoke
 - Manage stress
 - Limit alcohol
- Newer science questioning blood pressure as a surrogate marker for direct health outcomes like Cardiovascular Disease (CVD) and stroke

Poll Question

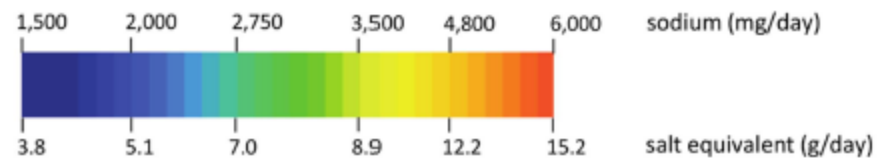
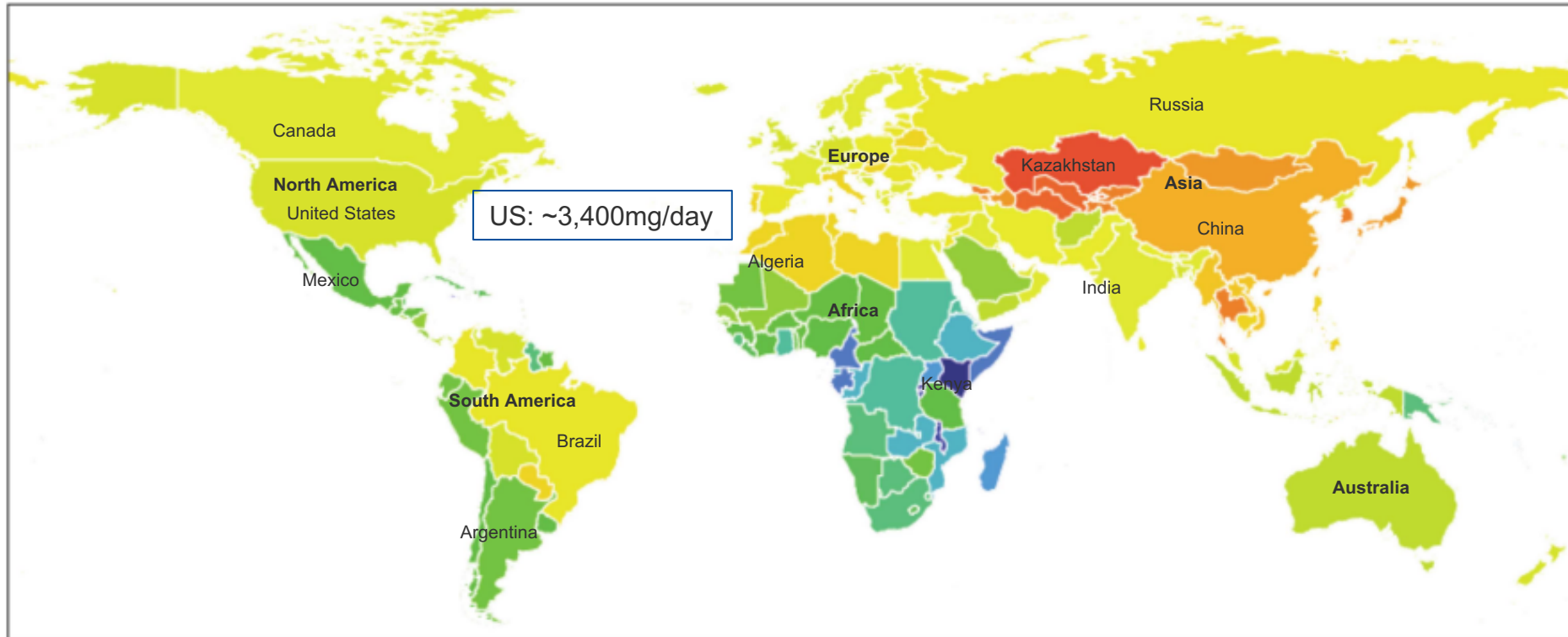
What is the role of sodium in food and beverages?

- a. Food preservation and safety
- b. Stabilizer
- c. Binder
- d. All of the above

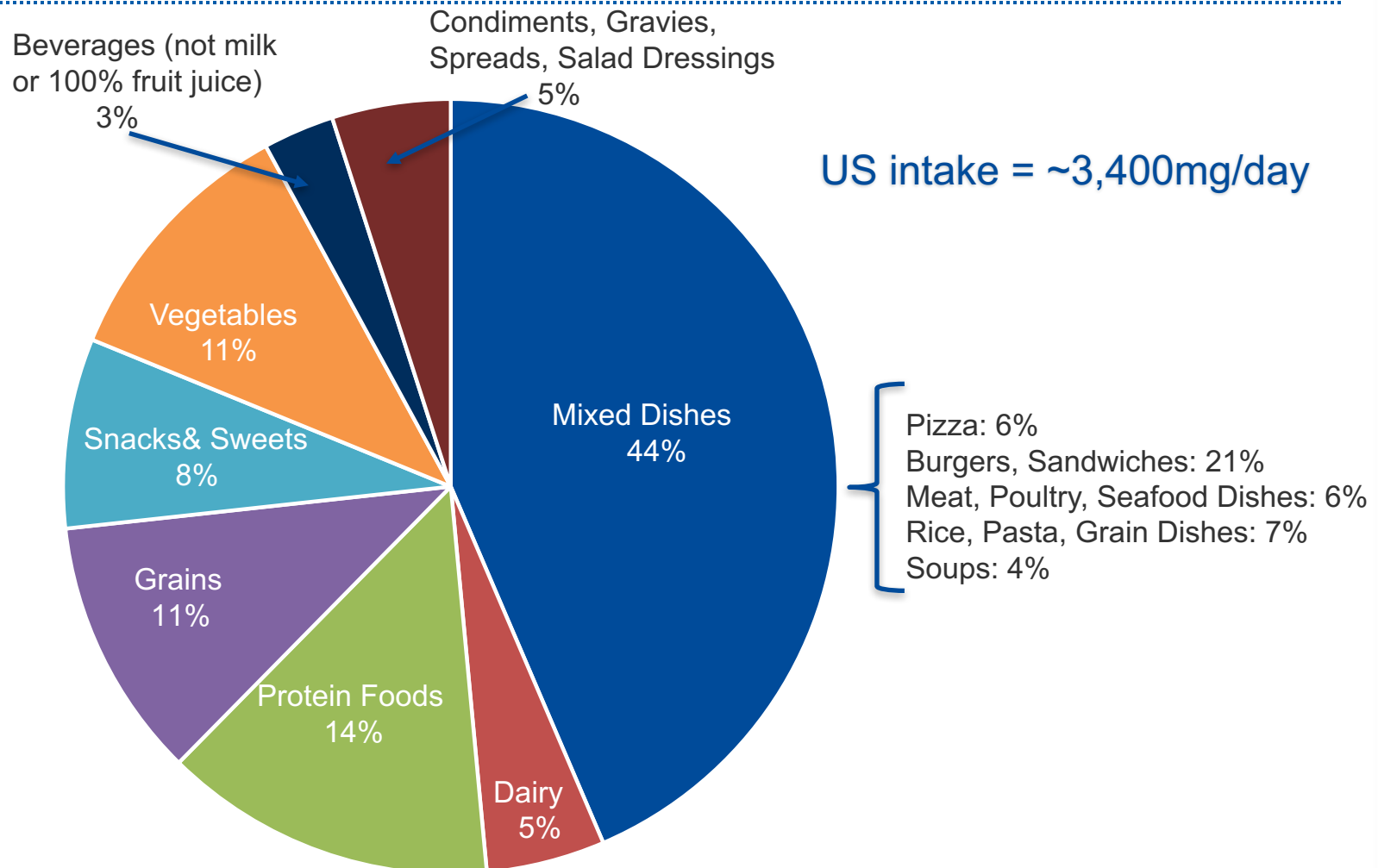
Sodium Plays a Key Functional Role in Foods

- Food preservation and safety
- Aids in texture
- Acts as a binder
- Fermentation control
- Leavening in baked goods
- Stabilizer
- Color development
- Increases palatability/
enhances other flavors

Global Sodium Intake – An Overview



Food Category Sources of Sodium in the US - Ages 2+



Slides will be available after the webinar

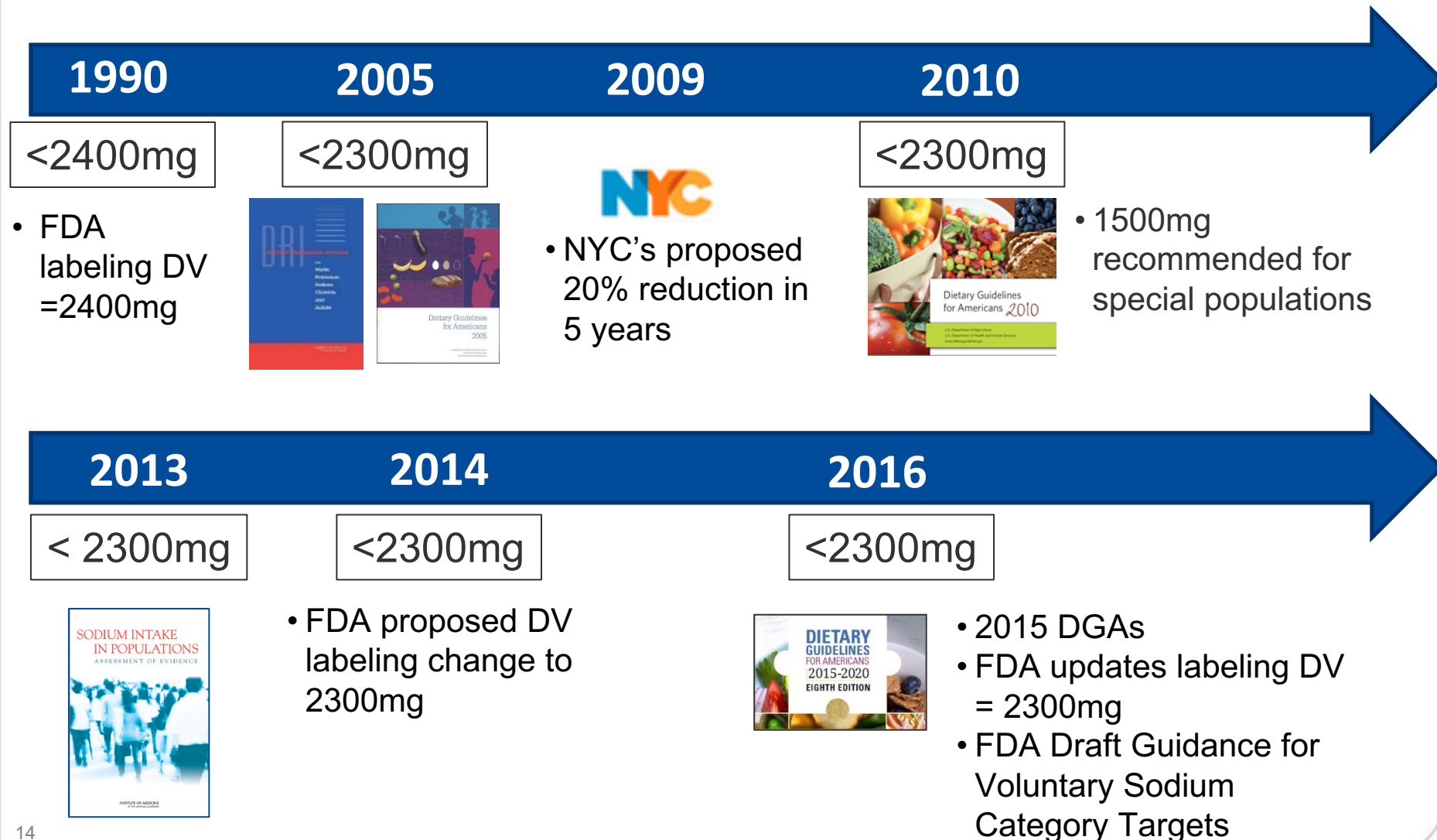
The Science Behind the Sodium Policy

Why are we talking about sodium policy?

- The evolution of sodium science is driving policy and regulatory changes
 - Public health reco's for sodium are based on the Dietary Guidelines for Americans (DGA) and are aligned at 2300mg/day
 - FDA has taken recent regulatory actions
- However, some health organizations and special interest groups continue to pressure for further reduction to 1500mg/day
- What is the conundrum?
 - Newer evidence suggests that lowering sodium intake too much may increase a person's risk of some health problems



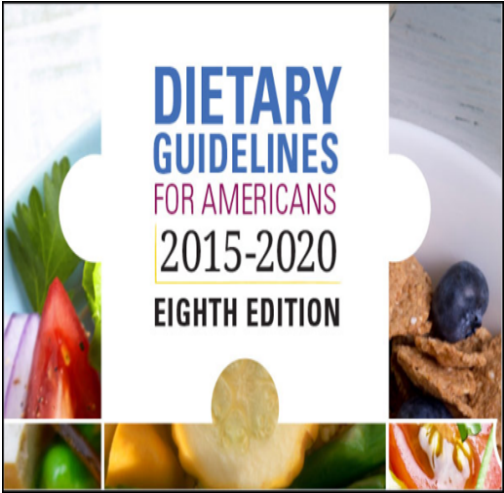
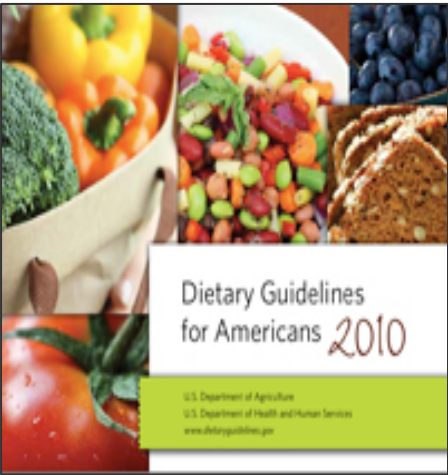
A Sprinkling of Sodium Activities & Recommendations...



Dietary Guidelines for Americans: Cornerstone of US Nutrition Policy & Regulation



Important Nuances Behind the DGA Recommendations



Nutrient to Limit

<2300mg/day for general population

1500 mg/day for subpopulations

Applies to > 50% of population including kids

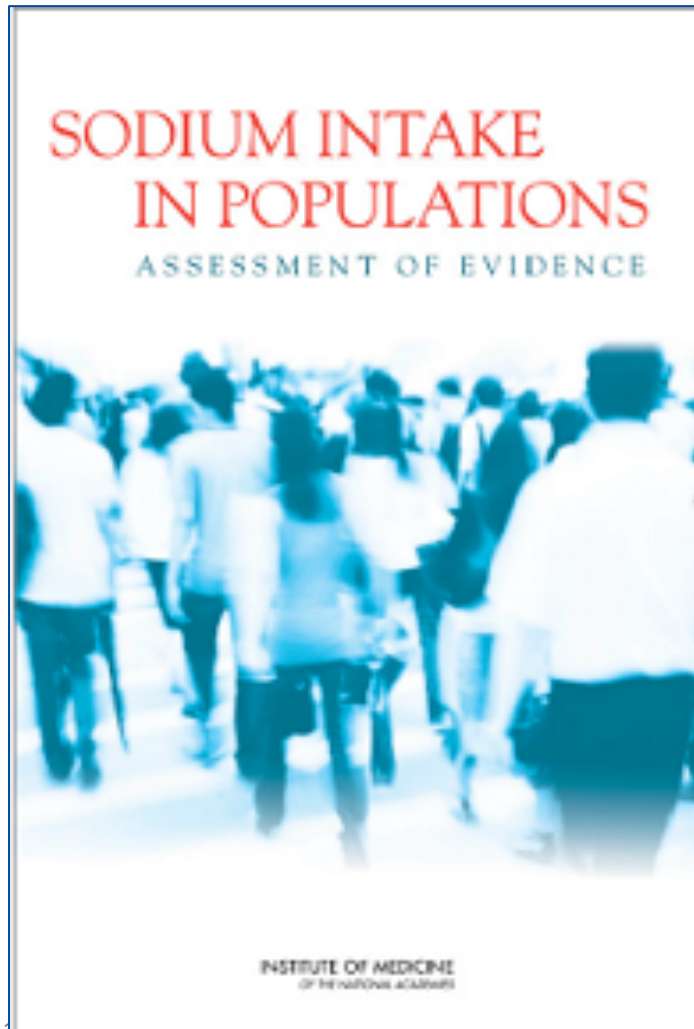
Applies only to adults with pre/HTN

**Blood pressure, a surrogate marker of disease risk
2005 DRI Report**

Evidence based on...

**Direct health outcomes, not just blood pressure
2013 IOM Report + 2005 DRI Report**

More Details on the 2013 IOM Report...



IOM's Task:

- Focus on direct health outcomes vs. blood pressure as marker

Findings:

- Studies on direct health outcomes do not support:
 - Intakes below 2300mg/day for general population OR
 - Lowering sodium intake within subgroups to ≤ 1500 mg daily
- Future research needed on association between lower (1500 – 2300mg) levels of intake and health outcomes

FDA Actions: Nutrition Label Reform

Sodium Daily Value (DV) decreasing from 2400mg to 2300mg

- Aligns with 2010 and 2015 DGA recommendations
- Implication: slight increase to labeled % DV on limited number of products

Current Label

Nutrition Facts		
Serving Size 2/3 cup (55g)		
Servings Per Container About 8		
Amount Per Serving		
Calories 230	Calories from Fat 72	
	% Daily Value*	
Total Fat 8g		12%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 250mg		10%
Total Carbohydrate 37g		12%
Dietary Fiber 4g		16%
Sugars 1g		
Protein 3g		

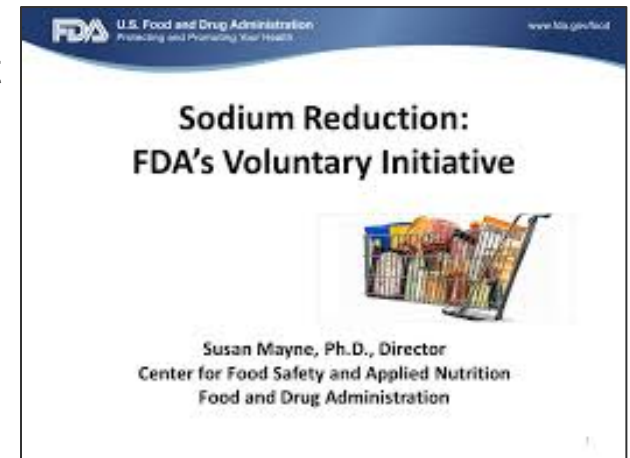
New Label

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 37g	13%

Recent & Future Regulatory & Policy Activity

Regulatory – FDA:

- In early June FDA issued draft, voluntary guidance on short term and long term sodium targets for 150 food categories
 - Short term goal → 3,000 mg/day
 - Long term goal → 2,300 mg/day (recommended sodium intake from the 2015 DGA)
- Comment period was completed in early December
- Unclear what FDA's timing or next steps will be after reviewing submitted comments



Policy: Dietary Reference Intake (DRI) Review for Sodium and Potassium

- Last updated in 2005
- Discussions are underway with the National Academies of Science, Engineering, and Medicine for a DRI review of sodium and potassium.
- The proposed review would begin in fall 2017
- Stay tuned for additional updates as these projects develop



Poll Question

What is the new Daily Value for sodium on the Nutrition Facts Label?

- a. 1,500 mg of sodium
- b. 2,000 mg of sodium
- c. 2,300 mg of sodium
- d. 2,400 mg of sodium

Summary

- Sodium plays a vital role as both an essential nutrient in the body and a key functional ingredient in foods
- Globally, sodium intakes are generally higher than recommended
 - US intakes ~3400mg/day, similar to other industrialized nations
- Recent Institute of Medicine review on direct health outcomes do not support intakes below 2,300 mg/day for the general population
- Key policy and regulatory recommendations are aligned at <2,300mg sodium/day for the general population
 - 2015 Dietary Guidelines for Americans
 - FDA's updated to sodium Daily Value on Nutrition Facts Panel
- Future regulatory activity anticipated – timing unclear



Slides will be available after the webinar

Part II: Low-Sodium Cooking Demonstration

Meet the Speaker



Gilles Stassart, CEC, CCA

Corporate Chef
Foodservice and Convenience
General Mills, Inc.

- ❑ Born and raised in Belgium
- ❑ Trained at the Namur Hotel and Culinary Management School in Namur, Belgium.
- ❑ Worked in several small French cuisine restaurants before moving to the US in 2005
- ❑ Worked as Chef for Hilton Hotels, The Minneapolis Club, Allina Healthcare, and General Mills since arriving in the US.
- ❑ Support Healthcare customers as well as distributors and recipe development.

Poll question

What do you rely on most to enhance flavor of lower sodium foods and dishes?

- a. Herbs
- b. Spices
- c. Salt replacers
- d. Cooking techniques

Low Sodium Cooking Demonstration

Chef Gilles
(video Intro)

Low Sodium Cooking Demonstration

Low Sodium Breakfast Sandwich
(Play video)

Low Sodium Cooking Demonstration

Dipping Sauces
(play video)

Poll question

What is the biggest challenge your facility faces with serving low-sodium recipes?

- a. Lack of training
- b. Lack of recipe ideas
- c. Lack of herbs
- d. Lack of spices

Low Sodium Cooking Demonstration

Rice Chex Chicken Breasts
(play video)

Low Sodium Cooking Demonstration

Butternut Squash Soup
(play video)

Recap



Substitute
Product



Ingredients
sourcing



Add a pop of
flavor



Awesome
resources

Questions?



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