

Mayo Clinic Minute

What's Your Limit on Holiday Salt

Video

Audio

	Mmmm. What makes holiday meals so delicious? For one thing, salt.
sot: Stephen Kopecky, M.D. Cardiologist Mayo Clinic	“Salt, unfortunately, will help absorb fluid, absorb water and it keeps it in your body.”
	Mayo Clinic cardiologist Dr. Stephen Kopecky says sodium can cause issues for people with high blood pressure and heart failure.
sot: Stephen Kopecky, M.D. Cardiologist Mayo Clinic	“The heart doesn’t pump blood adequately to meet the body’s demands, so if you then overload the heart with more fluid and more salt, then it has a hard time pumping.”
	People with kidney disease should watch salt too. So, if you’re on a low-salt diet, the American Heart Association recommends your daily intake be less than 1,500 milligrams. That’s a little less than $\frac{3}{4}$ of a teaspoon. Regular intake is 2,300 milligrams, or just under one teaspoon. And how do you handle big meals when you don’t know how much salt is in the food? Well, if it tastes salty, don’t eat much.
Vivien Williams	And that’s today’s Mayo Clinic News Network Headline. I’m Vivien Williams