

Dietary Sodium Intake and Its Relation to Human Health

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Title: Dietary Sodium Intake and Its Relation to Human Health: A Summary of the Evidence __Authors: Rick L. Sharp, PhD; Norman K. Hollenberg, MD, PhD; Veronica Franco, MD and Suzanne Oparil, MD; Michael Alderman, MD; R. Curtis Morris, Jr.,MD; Olga Schmidlin, MD; Lynda A. Frassetto, MD; Anthony Sebastian, MD; Robert Heaney, MD; Steven H. Woolf, MD, MPH

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Supported by the [Technical Committee on Sodium](#) __Abstract: There is little doubt that an adequate intake of salt is required to maintain good health. Concerns about its health consequences arose more than 40 years ago in response to ecologic, epidemiological and clinical studies linking Western levels of sodium intake to a variety of adverse effects. Since these initial observations, considerable scientific effort has substantially increased our understanding of the relationship of salt intake to human health. The articles summarize much of what is known and indicate the wide areas of agreement. Nonetheless, they also point out that many important questions remain unanswered. Individual papers address the science and methods for deriving the level of sodium required by normal subjects to maintain a vigorous, healthy life.

- 0. "Introduction," Alexander Logan
 - 0. "Role of Sodium in Fluid Homeostasis with Exercise," Rick Sharp
 - 0. "The Influence of Dietary Sodium on Blood Pressure," Norman Hollenberg
 - 0. "Salt Sensitivity, a Determinant of Blood Pressure, Cardiovascular Disease and Survival,"
Veronica Franco and Suzanne Oparil
 - 0. "Evidence Relating Dietary Sodium to Cardiovascular Disease," Michael Alderman
 - 0. "Relationship and Interaction between Sodium and Potassium," R. Curtis Morris Jr., Olga Schmidlin,
Lynda A. Frassetto and Anthony Sebastian
 - . "Role of Dietary Sodium in Osteoporosis," Robert Heaney
 - 0. "Weighing the Evidence to Formulate Dietary Guidelines," Steven Woolf
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