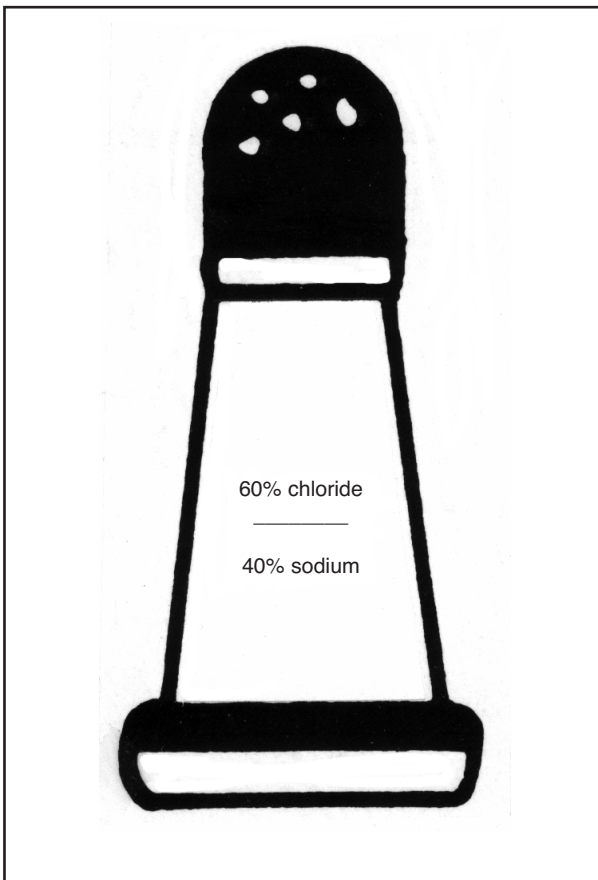


Wisconsin Wrestling Minimum Weight Project

SODIUM

Sodium is a mineral that is essential for good health. You must have a balance of sodium and water in your body fluids and tissues at all times.

Too much salt can impair athletic performance because it draws water out of your muscle cells and into the spaces outside cells. For optimum muscle function during vigorous exercise, the cells should be filled with water otherwise your muscles can't contract normally and you can feel weak and tired.



Salt is a chemical compound containing sodium and chloride. By weight it is 40% sodium. It is the sodium portion that we are concerned with.

One level teaspoon of salt = 2300 mg of sodium

The estimated minimum daily requirement of sodium for healthy Americans over the age of 10 is 500 milligrams of sodium. It is recommended that the daily intake of sodium be limited to 2400 milligrams which is the same as 6000 milligrams of salt.

Major Sources of Sodium

Table Salt

Processed Foods

Natural Content

Sodium is vital to the human body. In the right amount it helps:

- Regulate body fluids
- Maintain the pH balance
- Control other body functions

Sodium Ranking. If you read food labels carefully, you will learn there is sodium in just about every food available. This is especially true for processed foods. You may expect to find a lot of sodium in foods that taste salty, but you might be surprised to find quite a bit of sodium in other foods.

Remember, ingredient listings show only added sodium. If a food naturally contains sodium, this natural source will not be shown on the ingredients listing. Nutrition information lists total sodium content.

In the list below, circle the 10 foods highest in sodium. Then rank them with 1 being the food with the most sodium and 10 the food with the least.

- Corn flakes (1 cup) _____
- Cocktail peanuts (1 ounce) _____
- White bread (1 slice) _____
- Potato chips (1 ounce) _____
- Instant pudding (1/2 cup) _____
- Dill pickle (1 whole) _____
- Tomato juice (6 ounces) _____
- Skim milk (8 ounces) _____
- Steak (3 ounces, cooked) _____
- Lowfat cottage cheese (1/2 cup) _____
- Chicken breast (3 ounces) _____
- Italian dressing (2 Tbs.) _____

ANSWERS:	Milligrams	Ranking
Corn flakes (1 cup)	281	5
Cocktail peanuts (1 ounce)	118	10
White bread (1 slice)	129	8
Potato chips (1 ounce)	216	6
Instant pudding (1/2 cup)	161	7
Dill pickle (1 whole)	928	1
Tomato juice (6 ounces)	658	2
Skim milk (8 ounces)	126	9
Steak (3 ounces, cooked)	53	12
Lowfat cottage cheese (1/2 cup)	459	3
Chicken breast (3 ounces)	63	11
Italian dressing (2 Tbs.)	300	4