

Surveillance and Monitoring Sodium Intakes

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Strategies To Reduce Sodium Intake
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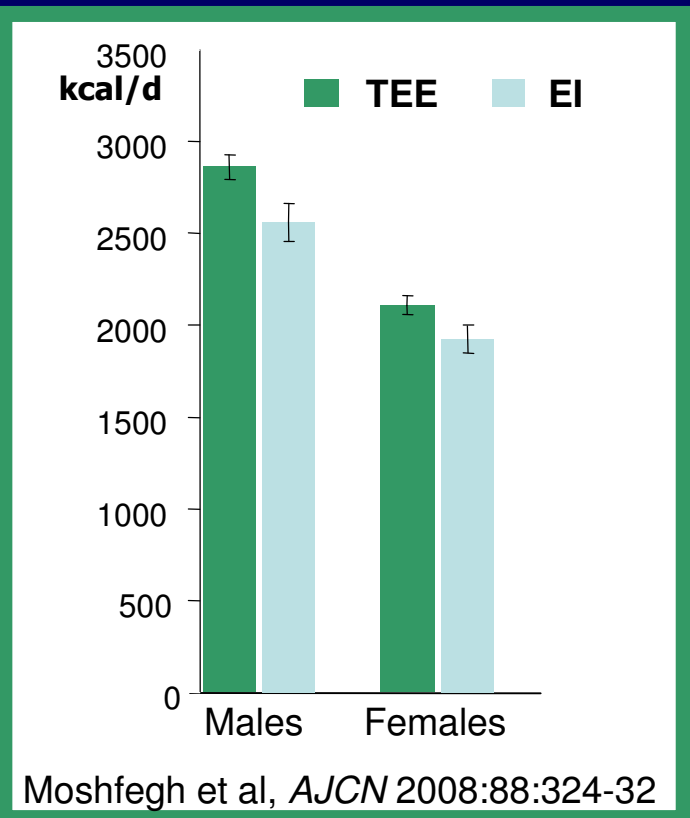
Topics to Address

- Method for determining sodium in diet
- Nutrient updates to survey data
- Addressing the challenges of sodium



Dietary Intake Method

- ▶ two 24-hour dietary recalls
day 1 in-person, day 2 by telephone
- ▶ USDA Automated
Multiple Pass Method
 - 5 step method
 - validated for energy intake



Sources of Sodium in the Diet

- ▶ *naturally occurring* and *processing* 89%*
- ▶ from salt *added in cooking* 5
- ▶ from salt *added at the table* 6

*

Mattes et al, A J Am Coll Nutr, 1991:10(4):383-93

Salt Used in Cooking

- ▶ Sodium “adjusted” for foods most likely prepared at home based on response to salt used in cooking

“How often is ordinary salt or seasoned salt added in cooking or preparing foods in your household? “

Response	Sodium adjustment to selected foods	2005-2006 Respondents
never/rarely	salt removed	24%
occasionally	half the salt removed	37
very often	no adjustment	40

Salt at the Table

- ▶ ask: how often is salt added to food at the table

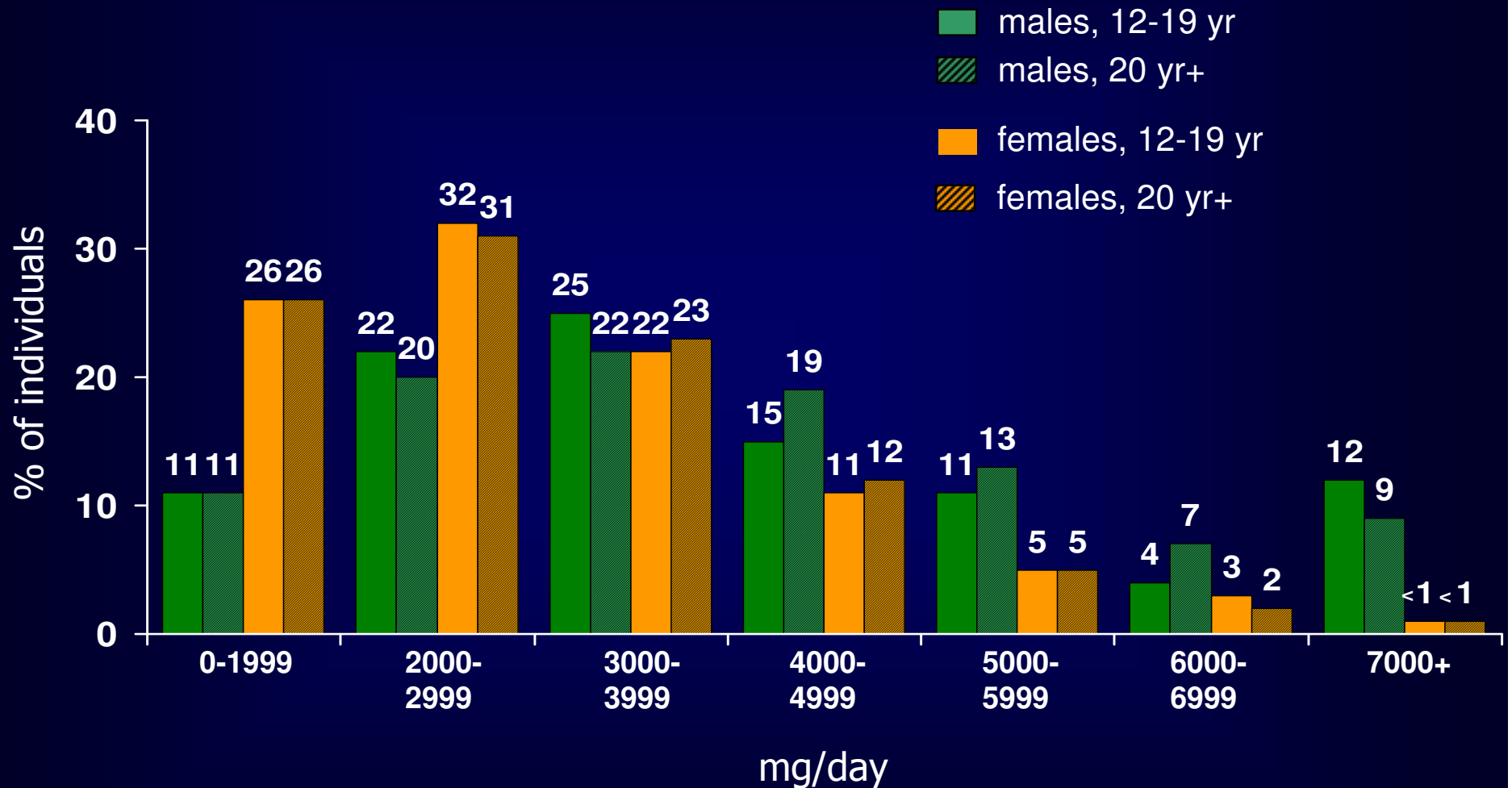
never	39%
rarely	29
occasionally	19
very often	12

- ▶ ask: type of salt used at the table

ordinary salt	89%
lite salt	5
salt substitute	2
other/don't know	4

- ▶ not quantified

Distribution of Sodium Intake



Source: What We Eat In America, NHANES 2005-06, 1 day, n=6,635

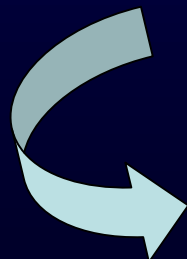
Challenges of Sodium

- ▶ new foods in the marketplace
- ▶ food reformulations
- ▶ sodium variability within food types/brands
- ▶ survey participants ability to report “details”
- ▶ ~ 35% of calories from restaurants, fast food establishments, and other away from home sources

Nutrient Data Updates

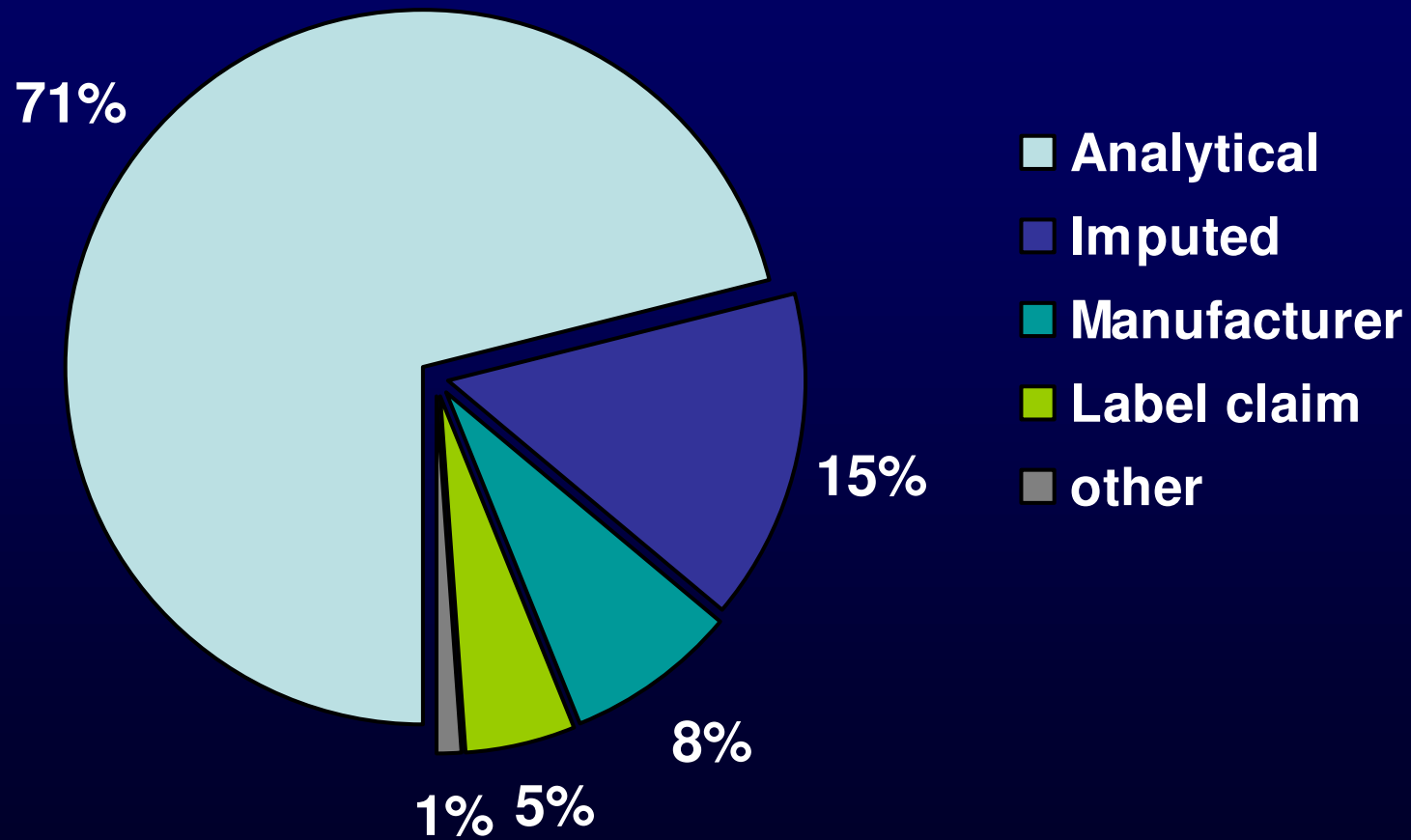
- ▶ Food and Nutrient Database for Dietary Studies
 - updated for each 2-year survey data release
- ▶ USDA Nutrient Database for Standard Reference
 - updated yearly

~ 3000 SR foods



~ 7000 reported foods in survey

Sources of Sodium Data in Standard Reference 20



Changes in Sodium Values 2005-2006 WWEIA, NHANES

- ▶ ~7000 foods in survey database--FNDDS 3.0

~150 low sodium/salt or unsalted foods

- ▶ 50 Frequency: 136 low sodium saltines vs. 604 regular saltines
45 unsalted potato chips vs. 2334 regular potato chips

- ▶ 200 of these had changes to Na values from FNDDS 2.0

- improved data--i.e., fried chicken, popcorn, hamburgers
- changes in marketplace--i.e., selected luncheon meats, soups, RTE cereals, margarines

Survey Nutrient Database for Trends Analysis

- ▶ Multi-year FNDDS -- designed to track and identify types of nutrient data changes in foods from 1994
- ▶ Identifies changes as either 'data improvements' or 'food changes'
- ▶ Ahuja, et al *J Food Compos Anal* 2006;19:S7-13.
 - Multi-year FNDDS 1994-2002
- ▶ Multi-year FNDDS 1994-2006 is planned for release in 2010

To keep informed . . . join the FSRG Listserv at:

www.ars.usda.gov/ba/bhnrc/fsrg

To visit the National Nutrient Database for Standard Reference:

www.ars.usda.gov/ba/bhnrc/ndl

Thank you

