

The Role of Sodium in Sports



Prevent Dehydration Due to Sweat

Adjust osmotic pressure of human body fluids and maintain a constant amount of water in the body

Absorb Water Efficiently

Sodium has the ability to increase absorption of water in the small intestine and into cells.

Excessive Sodium Intake

Increase extracellular water to maintain the sodium concentration.



Leads to **swelling** and **elevated blood pressure**



Intensify the ejection of calcium out of the body.



Would increase possibility of **fracture**



Sodium is a part of salt.

As athletes have high energy requirements, they tend to consume more salt as they eat more.

Be careful not to take more salt than you need while considering the loss from sweat.

Tips For Cutting Down on Salt

- Be careful of the amount of noodle soup to drink.
- Be aware of how often high salt foods like pickles, dried fish, and salted fish are eaten.
- Be aware of hidden salt in paste products and processed foods.
- Leave soy sauce or other sauces on the side rather than pouring them over.
- Use acidic flavors such as citrus fruits and vinegar effectively.
- Spices such as red pepper, pepper, and curry powder, as well as sesame and walnuts, help to replace the sodium.
- Get used to lightly salted flavor.

Watch the amount of noodle soup to drink

Cut back on salt intake by leaving half the ramen soup.

Drink all the soup



Equivalent level of salt: 7.0g

Drink half the soup



Equivalent level of salt: 4.0g

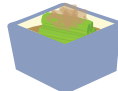
Cut Down
40%
of Salt

Use the sour flavor skillfully, and use a roasted flavor to help

Reduce the amount of soy sauce and add vinegar and grounded sesame for a delicious flavor.

Boiled Greens

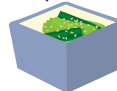
Using 1 teaspoon of soy sauce



Equivalent level of salt: 0.9g

Boiled Greens with sesame and vinegar

Using 1/3 teaspoon of soy sauce



Equivalent level of salt: 0.3g

Cut Down
66%
of Salt