



Review of dietary salt/sodium intake and its impact on pediatric and adult population.

Laxmi Kant Bharti

KGs Medical College, Lucknow, INDIA

Abstract

Sodium(Na) is a very vital micronutrient needed for survival of life in balanced amount. It helps in regulating fluid balance in our body. Analysis of dietary salt/sodium intake and its impact on pediatric and adult population searched. Major articles with salt and Na intake in diet reviewed and analysed. Na represents the (39.34%) of the formula weight of sodium chloride (Na=23,Cl=35). Our natural diet provides usually 300-400 mg of Na per day. AHA study shows salt intake in India ranging from 9.45-10.41 gms/day. ICMR statement is that salt intake has lots of variation between 5gm to as high as 30gm/day. This may be because of lots of differences between social and cultural and dietary lifestyle of population and on the other hand increasing fast food, processed food intake, frequent restaurant culture, increasing readymade and processed food culture in developing nation. There is very high use of condiments. Sodium adds flavor to readymade foods and also prevents food from spoiling.

Age wise requirement of Na:

Age*	Average Intake (AI)	Upper limit (UL)
1-3	1000	1500
4-8	1200	1900
9-50**	1500	2300
51-70	1300	2300

Biography: Dr L K Bharti has done MBBS from KGs Medical College Lucknow and then MD(Pediatrics). I am working as faculty in the department of Pediatric Gastroenterology at SGPGIMS, Lucknow.



Publications:

1. Acute presentation of koch's abdomen in children: Our experience.
2. Early Nephrectomy in Unilateral Multicystic Dysplastic Kidney in Children Cures Hypertension Early: An Observation.
3. Nutritional status characteristics of infants presenting with neonatal cholestasis.
4. Nutritional status characteristics of infants presenting with neonatal cholestasis.
5. Nutrition status and outcome in children with acute pancreatitis.

[31st World Congress on Nutrition & Food Sciences February 12-13, 2020 Auckland, Newzealand](#)

Abstract Citation: [Laxmi Kant Bharti, Review of dietary salt/sodium intake and its impact on pediatric and adult population, NUTRITION SUMMIT 2020, 31st World Congress on Nutrition & Food Sciences, Auckland, Newzealand, February 12-13, 2020, pp:0-1](#)