



DIETARY SALT

Its harmful effect on health

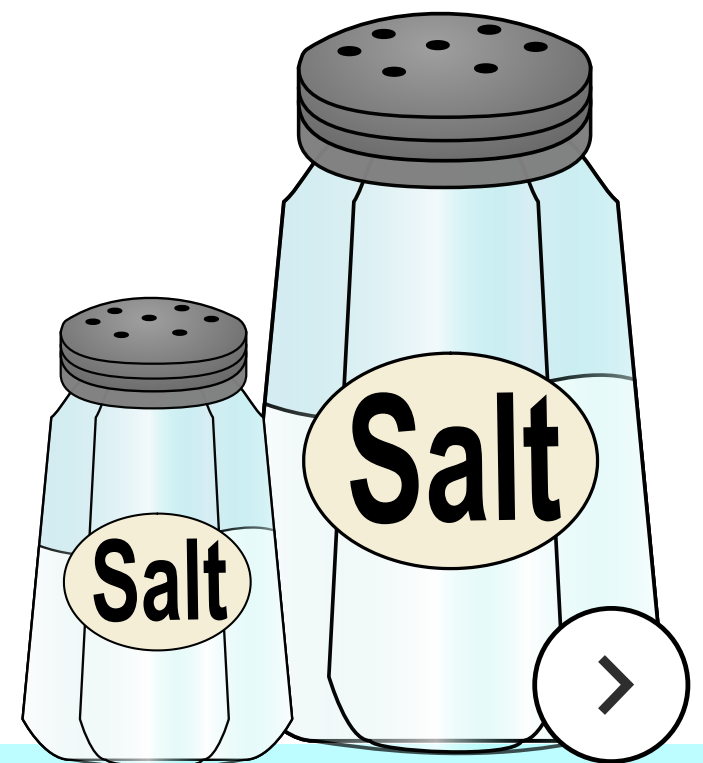


SALT:



"Sodium & Chloride"

- Salt, also known as sodium chloride, is about **40% sodium and 60% chloride**.
- It flavors food and is used as a **binders and stabilizer**.
- It is also a **food preservative**, as bacteria can't thrive in the presence of a high amount of salt.
- The human body requires a small amount of sodium to conduct nerve impulses.
- It is estimated that **humans need about 500 mg of sodium** daily for these vital functions.



HARMFUL EFFECTS

OF DIETARY SALTS:

- Excess of sodium in the diet can lead to **high blood pressure, heart disease, and stroke.**
- It can also cause calcium losses, some of which may be pulled from bone.
- Most people consume at least 1.5 teaspoons of salt per day, or about **3400 mg of sodium**, which contains far more than our bodies need.

Type	Approximate amount of sodium in 1 teaspoon
Iodized table salt, fine	2,300 mg
Sea salt, fine	2,120 mg

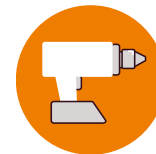


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