



SODIUM

Sodium plays an essential role in the regulation of body fluids and blood pressure. Sodium is naturally present in many foods, and it is also frequently added in cooking or food processing. According to the American Heart Association, about 98 percent of Americans eat more than twice as much sodium than is recommended for a healthy diet.¹

The 2010 Dietary Guidelines for Americans (DGA) recommends that adults in general should consume no more than 2,300 mg of sodium per day or the equivalent of about 1 teaspoon of salt. However, for people who are 51 or older, African American or who have high blood pressure, diabetes or chronic kidney disease, the DGA recommends no more than 1,500 mg of sodium per day.²

According to the DGA, foods that contain less than five percent of the recommended daily maximum intake are categorized as ‘low in sodium.’ **Peanuts are naturally low in sodium.** One ounce of unsalted, oil roasted peanuts contains only 2 mg of sodium.

Although many consumers now choose unsalted peanuts, most snack peanuts do have salt added during the roasting process to enhance the flavor. Salted peanuts taste “salty” because the tiny salt crystals cling to the surface of the peanuts and come into immediate contact with salt receptors on the tongue. However, salted peanuts are much less salty than people realize. In fact, oil roasted salted peanuts are certified by the American Heart Association as a heart healthy food.

There are many dietary sources of sodium. Table salt, which is 40 percent sodium and 60 percent chloride, is one source, but many processed foods can be high in sodium from other processing aids such as sodium phosphates or sodium carbonates. Weight for weight, salted peanuts contain less salt than many brands of commercially baked bread or prepared cereal, and less than comparable portions of some salted snacks or some canned fruits or vegetables. The nutrition panel of food labels details the sodium content of packaged foods.

An average serving of salted, oil roasted peanuts (30 grams or about one ounce) contains approximately 91 mg of sodium, providing slightly more than five percent of the recommended daily maximum intake. The sodium contribution of a single serving of salted peanuts is less than most salted snacks, and for those working to limit sodium intake, the sodium content of unsalted option is inconsequential.

<i>Table 1³</i>	<i>Approximate Sodium Content</i>	<i>% of Recommended Daily Maximum Intake (2,300 mg)</i>	<i>% of Recommended Reduced Daily Intake for Select Groups (1,500 mg)</i>
Salted, oil roasted peanuts, 1 oz.	91 mg	3 %	6%
Unsalted, oil roasted peanuts, 1 oz.	2 mg	0.09%	0.13%

Approved 6/20/14. For further information, please contact the American Peanut Council office in Alexandria, Va. at: Tel: 703-838-9500; email: info@peanutsusa.com.

¹ American Heart Association online. www.heart.org

² Centers for Disease Control and Prevention. www.cdc.gov/salt/

³ USDA Nutrient Database. <http://ndb.nal.usda.gov/ndb/foods/show/4980>