

**QUESTION:**

What are some of the other sources of sodium in my daily diet?

**ANSWER:**

The following table lists the approximate sodium content of some common food items.

**Sodium Content of Common Food Items**

FOOD ITEM	PORTION	MILLIGRAMS OF SODIUM
Milk	1 cup	122
White bread	1 slice	150
Pork sausage	1 patty	217
Salt	1 tsp	1,938
Chicken noodle soup	1 cup	1,107
Potato salad	½ cup	625
Corn, canned, whole kernel	1 cup	384
Margarine	1 tbsp	140
Cheeseburger	1	709
Dill pickle	1	930
Alka-Seltzer	1 tablet	532

**QUESTION:**

Although it is clear that most of my sodium intake is from food items, is there any way to get sodium-free drinking water without the inconvenience and expense of bottled water?

**ANSWER:**

Yes. By using the latest technologies, sodium-free drinking water can be provided for all your drinking and cooking needs as conveniently as using your kitchen faucet.

**QUESTION:**

What are these systems and are they expensive?

**ANSWER:**

There are a variety of systems on the market, but most are either reverse osmosis drinking water systems or water distiller systems. Either can provide gallons of sodium-free water for virtually pennies a day. This can add up to a substantial savings over using bottled water.

**QUESTION:**

Do both the water distiller systems and reverse osmosis systems provide the same water quality?

**ANSWER:**

No, in general water distiller systems will remove 99% of most contaminants found in your drinking water supply. Reverse osmosis systems will generally remove between 80% - 90% of most drinking water contaminants.

**QUESTION:**

How can I get more information on reverse osmosis drinking water systems and water distillers?

**ANSWER:**

As the quality of your drinking water is obviously very important to you, we suggest you contact a certified water treatment professional who can provide you with accurate information on the water treatment system you need.

# SODIUM

## Too little? Too much? The facts.



## Q&A

**S**odium is essential in human nutrition and is used by the body in many ways. Sodium and other minerals work together to maintain an essential balance for proper function of cells and organs in the body. Human beings get sodium from food, water, and medicines. The body then uses as much as it requires for normal function and the rest is excreted by the kidneys and in perspiration. In certain conditions, normal control functions fail or are unable to deal with otherwise ordinary amounts of sodium and a physician may restrict the amount of sodium ingested.

The effects of too little or too much sodium intake are not fully understood, which leads to a variety of opinions within the medical profession, so research on this subject continues.

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**QUESTION:**

I'm concerned about sodium in my diet and understand that my drinking water could contain some sodium. Is this true?

**ANSWER:**

Yes. All water supplies contain some sodium. The amount varies depending upon geographical location and the water source.

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**QUESTION:**

Is sodium the same thing as salt?

**ANSWER:**

No. Salt is chemically sodium chloride, with sodium consisting of 40% of the total by weight.

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**QUESTION:**

How do I know if there is sodium in my water supply?

**ANSWER:**

There are several sources of water analysis information including state health agencies, local universities, private laboratories, and water treatment specialists. Laboratory results are usually expressed in parts per million or milligrams per liter.

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**QUESTION:**

What exactly is a milligram of sodium?

**ANSWER:**

A milligram is one thousandth of a gram. One milligram of sodium dissolved in one quart of water can be thought of as roughly one minute in two years or one cent in \$10,000.

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**QUESTION:**

I've heard that the water softener I purchased to remove the hardness minerals from my water is adding sodium to my water supply. Is this true?

**ANSWER:**

Yes. When water containing hardness minerals is passed through a water softener the hardness minerals are exchanged for sodium.

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**QUESTION:**

How much sodium is added by my water softener?

**ANSWER:**

The amount of sodium added is dependent upon the hardness of the water being softened. The following table can be used to determine how much sodium your water softener is adding to your water supply.

**Sodium Added to Water  
from ION-Exchange Softening**

INITIAL WATER HARDNESS (grains/gallon)	AMOUNT OF SODIUM ADDED (milligrams/quart)
5	37
10	75
20	150
30	225
40	300
50	375

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**QUESTION:**

So, if I have a water hardness reading of 20 grains per gallon my water softener will add 150 milligrams of sodium to each quart of water.

**ANSWER:**

Yes. This amount can then be added to the raw water sodium content to determine the total amount of sodium in your softened water.

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**QUESTION:**

I truly enjoy all the benefits that my water softener gives me, but I've heard that drinking softened water is not good for me. Is this something I should be concerned about?

**ANSWER:**

The U.S. Environmental Protection Agency estimates that the average person drinks two quarts of water a day. Therefore, if you were to drink water that contained 150 milligrams of sodium per quart, your total daily intake of sodium from your drinking water supply would be 300 milligrams. This amount may seem high, but when compared to the daily intake of sodium, which in the average adult is between 3000-6000 milligrams, it is easy to see that your drinking water contributes just a small percentage.