

# You May Need MORE Sodium This Summer

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Some of you may be worried that you are getting too much sodium and that it may cause unneeded fluid weight gain, but for those of you who are active in the summer heat, you may actually need more!

For example, some athletes who avoid sodium and only rehydrate with lots of water may be at risk for a fluid overload condition called “hyponatremia.” Some of you may have been avoiding salt, but it is the primary electrolyte lost in sweat, so you may need more! This condition can lead to seizures so it is a dangerous scenario you do want to avoid. So, you may want to look at adding more beverages and foods that contain sodium to your diet this time of year.

Look at the tips below for ideas to keep your sodium levels in check this summer:

1. Drink sports drinks that contain sodium, such as Gatorade or PowerAde, during exercise (Vitamin Water contains no sodium).
2. Use table salt at your meals and during cooking.
3. Use more toppings like tomato sauce and salsa in meals.
4. Snack on salty treats like pretzels, crackers, and nuts.
5. Choose pickled items such as olives, pickles, banana peppers, and other pickled vegetables.

