

Ad libitum salt use behaviors in college-aged students

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Introduction

- High sodium intake increases blood pressure, cardiovascular and kidney disease
- The current recommended daily allowance for sodium is 1500mg (3750 mg salt), with the upper limit being 2300mg (5750 mg salt)
- Table salt is 40% sodium, 60% potassium



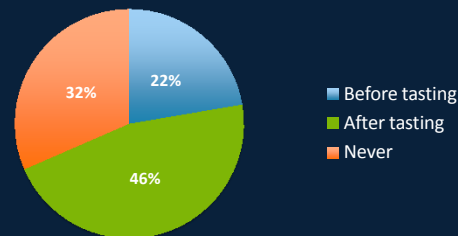
Methods

- Research was approved by IRB
- Three-day control period conducted at both The Refectory and Gorecki during the dinner meal period to determine typical salt use
- Three-day experimental period conducted at both facilities during the dinner period where salt shakers were removed from tables and relocated to the condiment station
 - Saltshakers were weighed before and after the meal
 - Head counts used to estimate average salt use per person
 - Signs in napkin holders informed diners of the relocation during the experimental period
- Statistical analysis conducted using unpaired t-tests.
- Online survey sent to CSB/SJU students to investigate salting habits and awareness

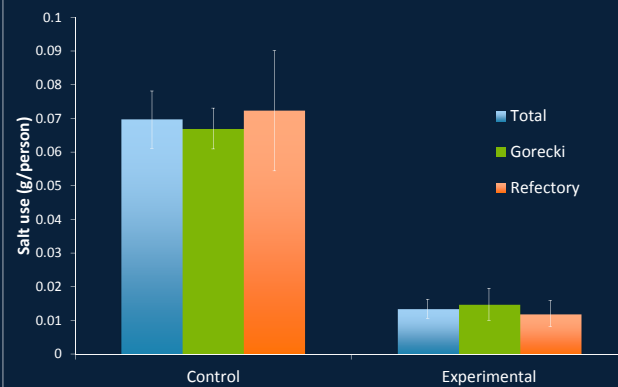
Purpose

- To understand the effects of accessibility on salt consumption at campus dining facilities
- To investigate a potential difference in salt consumption at a primarily male facility versus a primarily female facility (The Refectory versus Gorecki)
- To understand CSB/SJU student salting behaviors and perceptions

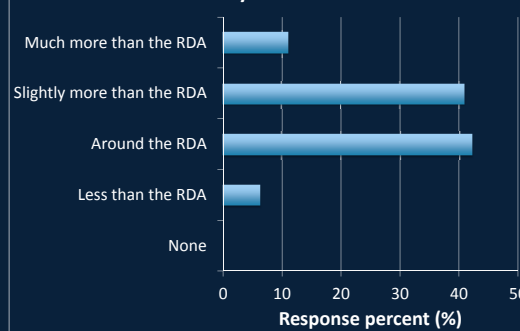
Saltshaker use by CSB/SJU students



Salt use per person when salt is located on tables vs. condiment station



Amount of sodium CSB/SJU students believe they consume



Results

- Salt use was reduced 80% when salt shakers were relocated to the condiment station
- Salt use was not significantly different between men and women
- Average sodium consumption at CSB/SJU is approximately 3500mg per day- more than double the RDA
- 83% believe their salt use to be at or slightly above the RDA
- 79% of students reported they do not add salt to their food
- 93% correctly reported the majority of the dietary sodium is in the food they eat rather than salt they add to the food
- 92.5% and 77% recognize high sodium diets can lead to heart disease and hypertension respectively
- Foods commonly reported as "always salted" were eggs, potatoes, corn, vegetables and french-fries

Sources of sodium in the US diet



Conclusions

- Students are aware that most of their sodium comes from processed foods, and understand the implications of too much sodium, but only 11% recognize that they consume much more than the RDA
- 22.3% of students reported salting food before tasting, suggesting that salting food is a habit
- For the 21% of diners who salt their food, relocating the saltshakers reduced their sodium intake by 107.4mg per meal
- Relocating salt shakers may be helpful for those who use the salt shaker generously
- To achieve recommended levels of sodium, students need to dramatically reduce the amount of convenience and processed foods in their daily diets