



## SODIUM

Sodium plays an essential role in the regulation of body fluids and blood pressure. Sodium is naturally present in many foods, and it also frequently is added in cooking or food processing. Table salt, or sodium chloride, is 40 percent sodium and 60 percent chloride. The 2005 Dietary Guidelines for Americans recommends that Americans limit sodium intake to 2300 mg per day or the equivalent of about 1 teaspoon of salt. Foods which contain less than 5 percent of the recommended daily intake are categorized as ‘low in sodium.’”

**Peanuts are naturally low in sodium.** 100 grams of unsalted peanuts contain only 5 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. In reality, salted peanuts are much less salty than people realize. Weight for weight, salted peanuts contain less salt than most brands of commercially baked bread or prepared cereal, and less than comparable portions of some salted snacks or some fruits and vegetables. The nutrition panel of food labels details the sodium content of packaged foods.

An average serving of salted peanuts (30 grams or about one ounce) contains approximately 125 mg of sodium, providing slightly more than 5 percent of the recommended maximum daily intake.

The sodium contribution of a single serving of salted peanuts is minimal, and for those working to limit sodium intake, the sodium content of unsalted options is inconsequential.

	<i>Approximate Sodium Content</i>	<i>% of Recommended Daily Maximum Intake</i>
<b>Salted roasted peanuts, 1 oz.</b>	125 mg	5 %
<b>Unsalted roasted peanuts, 1 oz.</b>	5 mg	0.2%

Approved By APC Board of Directors: (previous statement approved 12/10/09)

1500 KING STREET  
SUITE 301  
ALEXANDRIA, VA 22314  
USA

TEL (703) 838-9500  
FAX (703) 838-9508  
EMAIL [info@peanutsusa.com](mailto:info@peanutsusa.com)

GROSVENOR GARDENS HOUSE  
35-37 GROSVENOR GARDENS  
LONDON SW1W 0BS  
UNITED KINGDOM

TEL (44-20) 7828-0838  
FAX (44-20) 7828-0839  
EMAIL [info@peanutsusa.org.uk](mailto:info@peanutsusa.org.uk)