

# Sodium Reduction & Considerations with Mineral Intakes



## ILSI North America Session

21<sup>st</sup> International Congress of Nutrition

Thursday, 19 October 2017

| 08:00 – 10:00

| Buenos Aires, Argentina

Globally, many governments and NGOs recommend reducing sodium intakes, to reduce blood pressure in adults and children and risk of cardiovascular disease, stroke, and coronary heart disease in adults (WHO, 2012). Extensive debate continues on how to lower sodium intakes of populations. Outcomes of a US workshop will be shared on challenges and opportunities in sodium reduction that connected the nutrition and public health communities. The variety of microbial and functional roles sodium plays across different food categories presents challenges, while innovations in food science and technology help provide some solutions. PAHO efforts to support sodium reduction in the Americas will be shared. Reductions in sodium intake in the food supply need to consider the impact on other nutrients such as potassium, which has a beneficial effect on blood pressure, and as an ingredient, unintended technological effects. Findings regarding sodium and mineral intakes in the US, and relationship to blood pressure will be reviewed.

## Agenda

### 08:00 Opening Remarks

Session Chair: Christine Taylor, PhD  
US Food and Drug Administration (Retired), USA

### 08:05 Challenges and Opportunities in Sodium Reduction in the US

Christine Taylor, PhD  
US Food and Drug Administration (Retired), USA

### 08:30 Progress on Sodium Reduction in the Americas

Mary L'Abbe, PhD  
University of Toronto, Canada

### 08:55 Sodium and Potassium Intakes and their Ratios in the US Diet

Regan Bailey, PhD, MPH, RD, CPH  
Purdue University, USA

### 09:20 Modeling the Relationship of Sodium, Potassium, Calcium, and Magnesium Intakes to Blood Pressure

Connie Weaver, PhD  
Purdue University, USA

### 09:45 Concluding Panel Discussion

### 10:00 Adjourn

The International Life Sciences Institute (ILSI) is a nonprofit, worldwide organization whose mission is to provide science that improves human health and well-being and safeguards the environment.

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+1 (202) 659-0074 | [info@ilsi.org](mailto:info@ilsi.org) | [www.ilsi.org/event/21st-international-congress-of-nutrition](http://www.ilsi.org/event/21st-international-congress-of-nutrition)

# Social Media Toolkit

## ILSI North America Session



### Start the Conversation!

*Sodium Reduction & Considerations with Mineral Intakes*, sponsored by ILSI North America, is using Twitter to reach a global audience. This year's session will focus on challenges and opportunities in sodium reduction within the nutrition and public health communities, particularly the variety of microbial and functional roles sodium plays across different food categories and recent innovations in food science and technology.

### Key Social Media Accounts

The ILSI North America Twitter handle is [@ILSI\\_NA](https://twitter.com/ILSI_NA)

[#ICN2017](https://twitter.com/ILSI_NA) is the preferred hashtag for ICN.

[www.ilsi.org/sodium-reduction/](http://www.ilsi.org/sodium-reduction/) is the session webpage.

### Engage with Session Speakers



Christine Taylor, PhD  
US Food & Drug  
Administration (retired)  
([@FDAfood](https://twitter.com/FDAfood))



Mary L'Abbe, PhD  
University of Toronto  
([@LAbbeLab\\_UofT](https://twitter.com/LAbbeLab_UofT))











Regan Bailey, PhD, MPH  
Purdue University  
([@PurdueNutrition](https://twitter.com/PurdueNutrition))  
([@Regan\\_Bailey\\_](https://twitter.com/Regan_Bailey_))



Connie Weaver, PhD  
Purdue University  
([@PurdueNutrition](https://twitter.com/PurdueNutrition))

### Example Tweets

-  Discover the latest research on #sodium intakes at #ICN2017 - [www.ilsi.org/event/icn2017](http://www.ilsi.org/event/icn2017) #ILSI #Nutrition @ILSI\_NA
-  Recent innovations may affect #sodium intakes. Learn more at #ICN2017 - [www.ilsi.org/event/icn2017](http://www.ilsi.org/event/icn2017) #ILSI #Nutrition #HealthyLiving @ILSI\_NA
-  Challenges and opportunities in #sodium reduction. Join #ILSI at #ICN2017 - [www.ilsi.org/event/icn2017](http://www.ilsi.org/event/icn2017) #Nutrition @ILSI\_NA
-  What are the microbial & functional roles of #sodium. Join the convo at #ICN2017! - [www.ilsi.org/event/icn2017](http://www.ilsi.org/event/icn2017) @ILSI\_NA #ILSI #Health
-  Experts from @FDAfood @LAbbeLab\_UofT @PurdueNutrition discuss #sodium intake at #ICN2017 - [www.ilsi.org/event/icn2017](http://www.ilsi.org/event/icn2017) #ILSI @ILSI\_NA
-  Dr. Taylor discusses challenges in #sodium reduction at #ICN2017 - [www.ilsi.org/event/icn2017](http://www.ilsi.org/event/icn2017) #ILSI @ILSI\_NA #Nutrition
-  Dr. L'Abbe of @LAbbeLab\_UofT discusses progress on #sodium reduction at #ICN2017 - [www.ilsi.org/event/icn2017](http://www.ilsi.org/event/icn2017) #ILSI #Nutrition @ILSI\_NA
-  Dr. @Regan\_Bailey\_ & Dr. Connie Weaver of @PurdueNutrition discuss #sodium intakes at #ICN2017 - [www.ilsi.org/event/icn2017](http://www.ilsi.org/event/icn2017) #ILSI @ILSI\_NA