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Sodium intake according to meal place in Korean population: Based on the 7th Korean National Health and Examination Survey (2016)

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Excessive intake of sodium may contribute to the etiology of hypertension, cardiovascular disease risk and so on. World Health Organization (WHO) limited daily sodium intake of less than 2,000mg. However Sodium consumption in Korean is higher than 2,000mg. So it is important to calculate the sodium intake of the people and main food sources of sodium intake. The purpose of this study was to analyze sodium intake according to meal place in Korean population. Dietary intake data of 7,040 subjects aged one year and over from the Korea National Health and Nutrition Examination Survey (KNHANES) 2016 were used in the analysis. Information on dietary intake was obtained by one day 24-hour recall method in KNHANES. The meal places are classified into six groups as Home, School/ Office, Senior citizens etc., Restaurant, Temple/Church, Others. Sodium intake of total subjects in 2016 was 3,668.9mg/person/day. Meal places contributing to sodium intake were shown in the following order; Home> Restaurant > School/ Office > Others > Temple/Church > Senior citizens etc. The highest sodium intake was derived from Home as 1,962.0 mg/person/day. Sodium intakes of men in School/ Office and Restaurant is twice as high as those of women. And Sodium intakes from Restaurant in 19-29 years group showed higher than other age groups. Major food sources of sodium intake in Home are Salt, Baechu-kimchi and Soy sauce. These results would be helpful to establish policies reducing sodium intake.

Biography

Jae Myoung Oh has completed Master's degree from Department of Food Science & Technology, Seoul national University in South Korea. Presently he is a Scientific Officer of Nutrition and Functional Food Research Team, National Institute of Food and Drug Safety Evaluation.

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