Sodium and Potassium Intake Estimates for Jamaican Adults

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OBJECTIVE

Update national estimates of sodium and potassium intake using spot urine measurements.

METHODS

The cross-sectional study used samples from 448 adults and established equations to estimate daily excretion.

RESULTS

Mean estimated excretion was 2,735 mg/day for sodium and 1,821 mg/day for potassium. High sodium intake was estimated in 67.5% of participants and low potassium intake in 93.8%.

CONCLUSION

The authors called for stronger public health efforts to address high sodium and low potassium intake.