SEARCH THE AMOUNT OF SODIUM PRESENT IN READY SEASONING AND THE RATIO OF SODIUM INTAKE AND HYPERTENSION.

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The seasonings or spices used as ingredients in food preparation are of great importance due to high concentration of sodium and increased consumption of these. The consequence is a gradual increase in blood pressure. Systemic arterial hypertension (SAH) remains a major public health challenges worldwide, having as consequence a high morbidity and high costs involved in your care. The objective of this study was to verify the appropriateness of the labeling of seasonings ready for different brands on the content of sodium and review the literature on hypertension. The methodology used was research in scientific articles in Scielo, Medline, Academic Google and analysis of labels ready seasoning on the market. Among the 16 labels reviewed, 37.5% are above the daily amount recommended by WHO (1500mg sodium). Among the main varieties of the product marketed in Brazil - in powder, paste and tablets - none has the daily intake recommended by the World Health Organization (WHO) and the reason for the high concentration of sodium. It is noteworthy that inadequate intake of salt is not limited to spices. Given the above, it is inferred that the high content of sodium concentration present in the industrialized seasonings directly interferes with blood pressure elevation.