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## Dishes contributing to sodium intake of elderly living in rural areas.

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Abstract : Sodium is a necessary element for the body. Excessive intake of sodium is known as one of the risk factors for chronic diseases. Recently, increasing number of people in Korea Republic are suffering from chronic diseases. Major causes

chronic degenerative disease with the rising aging population. In particular, of rural areas is growing older fast. In rural areas, it is known that under nutrition and sodium intake are major nutritional problems. For sodium intake, there are several contributing food items. These were not enough to show diets related to sodium intakes. Thus, this study analysed dishes contributing to sodium intakes of elderly people in rural areas. Dietary intakes were evaluated using the 24-hour recall method. For the analysis for sodium intakes, Can-pro 3.0 was used. Ranking of dishes by contribution to sodium intakes from highest to lowest were Korean cabbage, kimchi (19.6%), soyabean paste (5.3%), soyabean paste (4.6%), soyabean paste soup dried (3.5%), hot pork and kimchi stew (3.4%). Ranking of dish groups by sodium intake from highest to lowest was kimchies (28.3%), soup and hot soups (22.8%), stews (15.7%), casseroles (9.7%), seasonings (8.2%), and seasoned vegetables (6.0%).

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