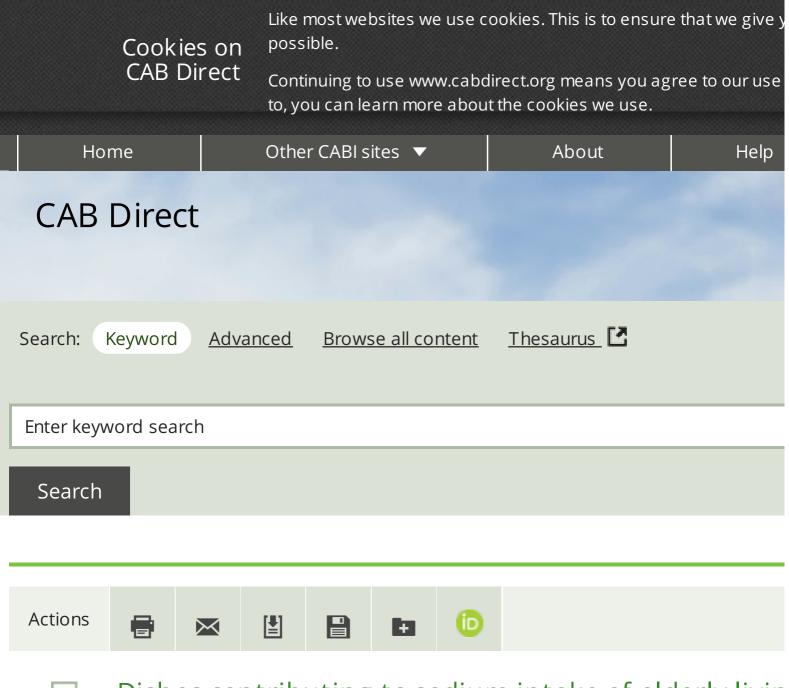
Dishes contributing to sodium intake of elderly living in rural areas.

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Dishes contributing to sodium intake of elderly livin areas.

Author(s): Moon HyunKyung; Choi SoonOk; Kim Jung Eun

Author Affiliation: Department of Food Science and Nutrition, Dankook Universit dong, Sujigu, Yongin-si, Gyeonggi-do 448-701, Korea Republic.

Author Email : <u>moonhk52@dankook.ac.kr</u>

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Abstract: Sodium is a necessary element for the body. Excessive intake of known as one of the risk factors for chronic diseases. Recently, increasing r 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 nut sodium intake are major nutritional problems. For sodium intake, there are s about contributing food items. These were not enough to show diets relative intakes. Thus, this study analysed dishes contributing to sodium intakes of rural areas. Dietary intakes were evaluated using the 24-hour recall method analysis for sodium intakes, Can-pro 3.0 was used. Ranking of dishes by cor sodium intakes from highest to lowest were Korean cabbage, kimchi (19.6% soyabean paste (5.3%), soyabean paste (4.6%), soyabean paste soup driec (3.5%), hot pork and kimchi stew (3.4%). Ranking of dish groups by sodium i highest to lowest was kimchies (28.3%), soup and hot soups (22.8%), stews casseroles (9.7%), seasonings (8.2%), and seasoned vegetables (6.0%).

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