

Assessment of dietary intake and urinary excretion of sodium and potassium in adults Evaluación de la ingesta dietética y excreción urinaria de sodio y potasio en adultos

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© 2013, Sociedad Medica de Santiago, All rights reserved. Background: Hypertension is associated with elevated sodium and low potassium intakes. The determination of sodium and potassium intake by dietary records is inaccurate, being its measurement from 24-h urine collection the reference method. Aim: To determine urinary sodium and potassium excretion in adults. To compare dietary sodium and potassium intake and their excretion from an isolated urine sample against the reference method. Material and Methods: Seventy healthy adults aged 35 ± 8 years with a body mass index 25 ± 2 kg/m² (36 women) were studied. Urine was collected over 24 h, including an isolated urine sample taken in fasting conditions. Additionally, three 24-h dietary records were performed. Results: Reported sodium and potassium intake was $2,720 \pm 567$ and $1,068 \pm 433$ mg/day, respectively. In turn, urinary excretion of sodium and potassium was $4,770 \pm 1,532$ and $1,852 \pm 559$ mg/day, respectively. These latter values wer