Sodium, the primary element we get from salt, is essential for life. It is important for multiple body functions, from maintaining the proper balance of water and minerals, to conducting nerve impulses, and muscle contractions. Too much sodium in your diet can lead to fluid retention, and high blood pressure. If this becomes chronic, it can factor in heart disease, stroke, kidney disease and congestive heart failure. Individuals vary considerably in their response to sodium intake, and salt-sensitivity (a measure of how your blood pressure responds to salt intake), is partly determined by genetics.

People with genetic variations in some genes are found to be more sensitive to sodium.

Genes tested

CLCNKA, NEDD4L, ATP2B1, HSD11B2, SLC4A5, AGTR1, AGT, PRDM8, FGF5, LINC00276

Your Percentile Score

65

Your score falls within the 65th percentile of the population.

Your Assessment

SLIGHTLY SENSITIVE

You have a genetic predisposition for slight sodium sensitivity.

Dietary Recommendations

You may be more sensitive to the harmful effects of sodium. Salt preference is an acquired taste that can be unlearned. It takes about 6-8 weeks to get used to eating food with lower salt content. Enhance flavour of foods by using sugar, honey, red dates, sesame oil, fresh herbs and spices such as onions, ginger, lemongrass, cloves, pepper, fresh chili, parsley. Cook with less salt, sauces such as soya sauces, stock cubes and seasoning powder. Avoid salt and soya sauce at the table. Limit salted and preserved foods such as luncheon meat, sausages, ham, salted eggs and ikan bilis (soak in water before using to reduce its salt content). While eating out, request for gravies to be served at the side, or less salt in cooking. Leave out soup in noodles and reduce gravy on rice. When shopping, read the Nutrition Fact food labels, and choose products with 5% Daily Value (DV) or less. A DV of 20% or more is high. Look for 'low sodium', 'reduced sodium' or 'no salt added'.

Potassium chloride is a salt substitute that tastes like regular table salt. People with kidney problems, or those who take medications for the heart or liver, such as ACE inhibitors should consult with a doctor prior to using potassium chloride. Note that although often considered healthier options due to higher mineral content, sea salt and himalayan rock salt contain the same amount of sodium as table salt.

Supplement Recommendations

Not applicable

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