Sodium and Salt for Congenital Adrenal Hyperplasia (CAH)

Congenital adrenal hyperplasia (CAH) is a group of genetic disorders that affect the adrenal glands (a pair of walnut-sized organs above the kidneys). Salt, sodium, and water are important in managing CAH.

Salt Wasting –too much salt being lost

Children with Classical CAH can lose a lot of salt because of a lack of mineralocorticoid aldosterone (a hormone that helps control salt and water in the body). If your child has the salt-wasting form of CAH, it means that they are losing salt and water from their body. It is important to keep sodium and water in the body by taking in enough sodium and fluids. Your endocrinologist (a doctor specialized in diagnosing and treating health conditions related to hormones) will prescribe specific amounts of sodium for your child's needs.

Sodium vs. Salt

Sodium is a part of salt (sodium chloride). The medications you receive from the doctor are made up of salt. However, this salt should not be confused with the dietary sodium that you see on food nutrition labels. You need different amounts of both salt and sodium.

Example: 1000 mg salt (sodium chloride) = 390 mg dietary sodium

Recommendations

- ***Include high sodium foods such as:***

Canned vegetables	Olives	Salted pretzels
Cheese	Vegetables	Smoked fish
Dill pickles	Salted nuts	Soups
Mac 'n Cheese	Salted popcorn	Tomato soup

- ***Stay hydrated!***
  - Drink enough fluids
    -make sure to check with your Endocrine doctor for fluid amount recommendations
  - Try to stay away from sugary beverages – water is best
  - DripDrop is a great electrolyte powder that can be added to water *see next page

- ***Add salt to foods:***

Tajín	1 teaspoon = 760 mg sodium
Chamoy	1 teaspoon = 110 mg sodium (varies based on brand) *Eat once in a while. Be careful with added sugars!*
Soy Sauce	1 tablespoon = 920 mg sodium (varies based on brand)

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Table Salt	1 teaspoon table salt = 2325 mg sodium ½ teaspoon table salt =1162 mg sodium ¼ teaspoon table salt = 581 mg sodium

Look at the Food Label

Nutrition Facts

2 servings per container

Serving size 1 cup (255g)

	Per 1 cup		Per container	
Calories	**220**		**440**	
	% DV*		**% DV***	
Total Fat	**8%**	5g	**15%**	10g
Saturated Fat	**10%**	2g	**20%**	4g
Trans Fat		0g		0g
Cholesterol	**5%**	15mg	**10%**	30mg
Sodium	**10%**	240mg	**21%**	480mg
Total Carbs	**12%**	35g	**23%**	70g
Dietary Fiber	**21%**	6g	**43%**	12g
Sugars		7g		14g
Added Sugars		4g		8g
Protein		9g		18g
Vitamin D	25%	5mcg	50%	10mcg
Calcium	15%	200mg	30%	400mg
Iron	6%	1mg	10%	2mg
Potassium	10%	470mg	20%	940mg

- **High sodium food:** More than >400 mg per serving
- **Low sodium food:** Less than <200 mg per serving

Step 1. Find "Sodium" in the nutrition label.

Step 2. Decide how many servings you will eat.

Step 3. Multiply by the sodium on the nutrition label to the servings you will eat to find out the total amount of sodium.

For example:
240 mg (sodium) x 2 servings = 480mg

What is DripDrop?

- DripDrop is a glucose-electrolyte mixture for rehydration (taking in lost water to the body). It has a lot of salt and other electrolytes (potassium and magnesium).
- One packet has 330 mg of sodium
- ¼ of a packet has 203 mg of salt
- Low in calories (35 calories per packet)
- Lower in sugar than sports drinks like Gatorade

How do I use DripDrop?

- Mix one packet of DripDrop with 1 cup (8 oz) of water

Where can I get DripDrop?

- Dripdrop.com
- amazon.com

If you have questions or need more information, please contact:

Center for Endocrinology, Diabetes, and Metabolism
323-361-2311, 8am – 6pm