

# How much sodium is a softener adding to my diet?

Hard water contains minerals such as calcium and manganese that cause scaling and soap scum. It is important to soften hard water in your home to protect your plumbing and appliances from mineral buildup. Soft water will also reduce the amount of soap used in your home. During the traditional softening process, sodium is released into your home's water supply but how much sodium are you really drinking? Compare the information below regarding the amount of sodium transferred into your water by softening to a few common daily foods.

Adults drink an average of 1 quart of water per day. Depending on the hardness of the water, the amount of sodium released into water can be seen in the chart below.

Initial Water Hardness	Sodium Added by Softening	
	Grains Per Gallon	Milligrams Per Gallon
1	30	7.4
5	148	37
6	180	45
7	208	52
8	240	60
9	268	67
10	298	74
15	448	112
20	596	149
30	892	223
40	1,192	298

## Dietary Sources of Sodium

### APPROX. SODIUM CONTENT (MILLIGRAMS)

#### BREAKFAST

1/2 cup canned tomato juice	439
1 egg (no salt added)	59
2 biscuits	350
2 teaspoons margarine	140

#### LUNCH

3 ounces sliced ham	1,114
1 ounce processed cheddar cheese	406
2 slices white bread	228
1 cup milk	122
1 large olive	80
1 dill pickle	930
1 teaspoon mustard	65
10 potato chips	200

#### DINNER

6 ounces steak (no salt added)	110
Green salad with 1 ounce French dressing	450
Baked potato (salt added)	270
2 teaspoons margarine	140
2 slices rye bread	278

### POSSIBLE DAILY SODIUM INTAKE

**5,605**  
**MILLIGRAMS**

Information taken from a study presented by the Water Quality Association. The daily sodium intake for an adult is about 2,500 milligrams per day. Medical issues may require a reduced sodium diet. Consult your physician for any concerns regarding daily sodium recommendations.