



DIETARY PROTOCOL – B5029

TITLE OF STUDY: Influence of Moderated Dietary Sodium Restriction on Central Arterial Compliance in Older Men and Women with Systolic Hypertension

DIET: Outpatient: Three-day food dairy record

- Sodium restriction
- 1,200 mg Sodium (Na) or < 3.1 grams of Sodium Chloride (NaCl)

PROCEDURES

Outpatient

➤ **Orientation**

- A Research Bionutritionist (RB) will meet with all subjects to provide proper instructions on how to record a 3-day food diary.
- The food diary will be analyzed on ESHA.
- Also, the 3-day food diary will allow the RB to evaluate the macronutrients and sodium intake levels.
- The RB will provide dietary sodium restriction education for all subjects.
- The RB will provide post-meals (regular and low sodium).

➤ **Intervention**

(2 – 4 week sessions = 8 weeks => 4 weeks [sodium tablet] and/or 4 weeks [placebo])

- Weekly meetings with the RB to prescribe placebo or sodium tablet, weigh subject (goal is to maintain body weight), and provide ongoing nutrition education and support.
- Week 4 – subjects will complete a 3-day food diary.
- Week 8 – subjects will complete a 3-day food diary.

SUMMARY

➤ Nutrient analysis of –

- Macronutrients (Carbohydrate, Fat, and Protein)
- Sodium
- Potassium
- Calcium
- Magnesium