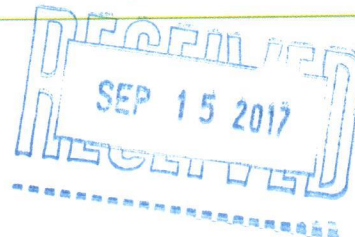




12 September 2017



RE: Elevated sodium in Green Lake drinking water

It is important to stay hydrated so that you can feel healthy and energized. Keeping your fluid levels up controls body temperature and helps with digestion. There are many choices of fluids to drink, and water is the best of all - water is calorie free and is very good at satisfying thirst.

**In Green Lake, the water that comes out of your tap is very safe to drink.**

To ensure that the water from your tap is always safe to drink, it is regularly tested. Of the many tests that are done, the sodium (Na) level is higher in Green Lake compared to many other drinking water sources in Northern Saskatchewan.

The elevated sodium in the drinking water is due to a natural process. It does occur in other places, but it is not very common.

#### **WHAT DOES THE ELEVATED SODIUM IN GREEN LAKE DRINKING WATER MEAN?**

Sodium is essential to life. Healthy adults need about 1500mg, and no more than 2300mg of sodium per day. The amount of sodium someone needs in a day depends on their age, their health and if they are pregnant (<https://www.canada.ca/en/health-canada/services/food-nutrition/healthy-eating/sodium.html> has more information).

The drinking water in Green Lake has 389 mg/L of sodium. The amount of water someone should drink depends on whether they are male or female, their size, their activity level and if they have any other medical conditions, but in general, an adult should drink between 1.5-3 L of water per day to stay hydrated. If all the water you drink comes from Green Lake drinking water that would mean that 389 mg of sodium per day would come from drinking water.

#### **IS THERE A DANGER TO ME, OR TO THE PEOPLE I CARE ABOUT, BECAUSE OF THIS ELEVATED SODIUM?**

The water is safe and healthy to drink. The elevated sodium is something you should be aware of and if **you have high blood pressure you should talk to your healthcare provider about how that could affect how well your blood pressure may be controlled.**

### **WHAT SHOULD I DO WITH THIS INFORMATION?**

You need sodium to be well, and you should choose water over other fluids to stay hydrated, refreshed and healthy. Drinking water from the tap is exceptionally safe and affordable, so making that your first choice is the best choice.

As the sodium is a bit higher in the drinking water in Green Lake, we suggest that you take some extra care to watch the amount of sodium that you get from the food you eat.

Over 75% of the sodium we eat comes from processed and packaged foods including cheese, deli meat, pizza, sauces, soups, fast foods and restaurant foods.

### **HOW CAN I REDUCE MY SODIUM INTAKE?**

- Make lower sodium meals at home instead of buying processed and packaged foods. Buy unsalted or low sodium foods whenever possible. Look for the terms "low sodium", "sodium-free", "reduced sodium", or "no added salt"
- Use the % Daily Value (DV) on Nutrition Facts labels to see if your food has **a little** or **a lot** of sodium. 5% is a little and 15% is a lot. Try and choose foods with less than 15% the DV.
- Flavor your foods with herbs and seasonings instead of salt and taste your food before you add any salt.

Yours in health,



**Dr. Kesiena Akpoigbe**  
**Deputy Medical Health Officer**