

Information Concerning the Tweed Municipal Water Supply

June 29, 2018

The Tweed municipal water supply has higher than recommended sodium levels. **See attached fact sheet about sodium from Hastings Prince Edward Public Health for health related information on sodium intake.**

Provincial water regulations require that the sodium concentrations in municipal drinking water be tested every five years. If the concentration exceeds 20 milligrams per litre of water (mg/L), it is to be reported to the Medical Officer of Health. Tests taken on June 25, 2018 showed that the sodium level in the Tweed municipal water supply had a result of 25.1 mg/L.

It is estimated that the daily sodium intake in the diet of a typical adult in Canada is around 3400 mg per day.¹ Based on the recent samples, drinking four glasses of water (1 litre) per day from the Tweed municipal water supply could potentially add 25.1mg of sodium to a person's daily diet. This is a low proportion of a person's typical daily sodium intake, approximately 2.6%.

Sodium content of some common foods (approximate)

Food	Sodium (mg)	Food	Sodium (mg)
Table Salt, 1tsp	2350	Canned beans, 1 cup	1000
Lunch meats, 1 oz	350	Cheese, processed 1 slice	250
Breakfast cereal, 1 cup	300	Bread, 1 slice	125
Crackers, 30 grams	390	Diet Soda, 12 oz	20-70

*variation among brands may be considerable; read label

If you are using a water softener in your home, the sodium levels in your tap water could be higher than the levels reported above. You may wish to check the sodium levels in your tap water if you are concerned about your sodium intake and you are using a water softener. Tests for sodium are usually done by water treatment/conditioning companies or laboratories listed in the Yellow Pages of the local telephone book.

For more information regarding sodium levels in drinking water, or reducing your dietary sodium intake, please contact **Hastings Prince Edward Public Health** at (613) 966-5500.

¹Health Canada, *It's Your Health – Sodium*, 2012

<http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/food-aliment/sodium-eng.php>