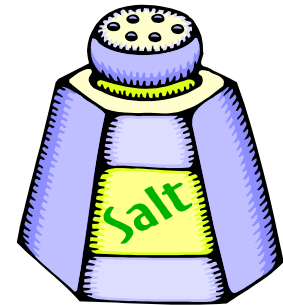
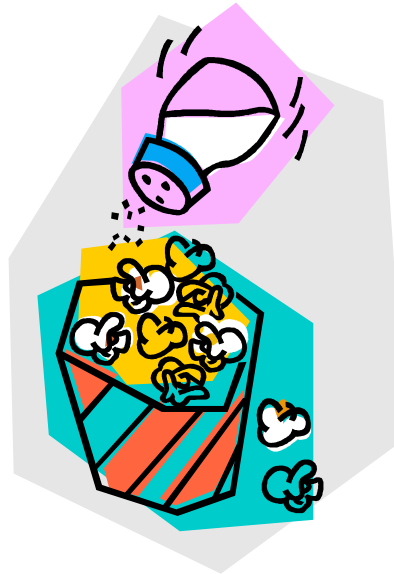




OxSALT

LOWERING SALT FOR HEALTH .

Lowering Salt for Health



Introduction

What is Salt?



Salt is made up of the minerals sodium and chloride.

It is recommended by the UK National Institute for Health and Clinical Excellence (NICE) that we eat no more than **6** grams of salt per day. By the year 2025 they recommend that we should aim to be eating **3** grams per day.

less than
6 g

Why should I reduce the amount of salt in my diet?

- ❖ Reducing salt can lower your blood pressure.
- ❖ High blood pressure is a big risk factor for stroke and developing heart disease.
- ❖ Lowering your salt intake can reduce your risk of developing high blood pressure.
- ❖ People with high blood pressure are **3** times more likely to develop heart disease or suffer a stroke.



Why should I reduce the amount of salt in my diet?

- ❖ A rise in blood pressure with age is dependent on the amount of salt in your diet
- ❖ The higher the salt intake the higher the rise in blood pressure with age.
- ❖ Reducing your salt intake reduces the rise in blood pressure with age.
- ❖ Remember: High blood pressure damages kidneys!



What are the main sources of salt in our diet?

- ❖ **75%** of the salt we eat is hidden in the food we buy, particularly processed foods.



- ❖ These include:

- ❖ Processed meats e.g. bacon, ham and sausages
- ❖ Pizza
- ❖ Ready meals
- ❖ Jars of cook in sauces
- ❖ Shop-bought soups
- ❖ Potato chips, crisps and other savoury snacks



How much salt is recommended then?

- ❖ In the UK, NICE recommend that we take in LESS than **6** grams (g) of salt per day. This is the recommended guideline daily amount (GDA) .
- ❖ 6 grams is just 1 teaspoon of salt.
- ❖ Understanding food labelling will give you an idea of how much salt you are eating in your diet.

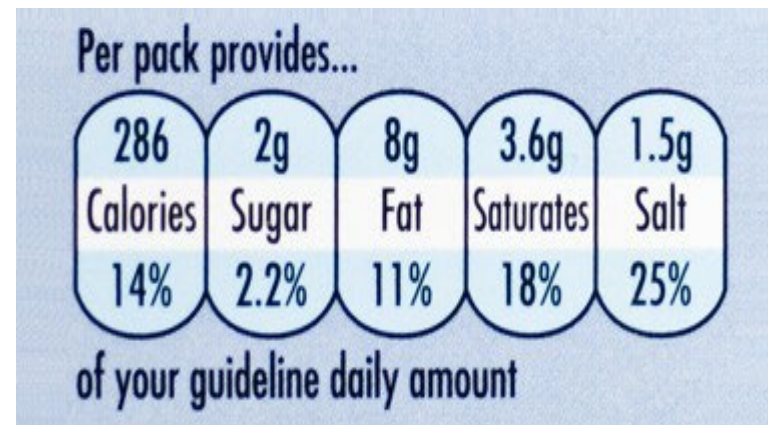
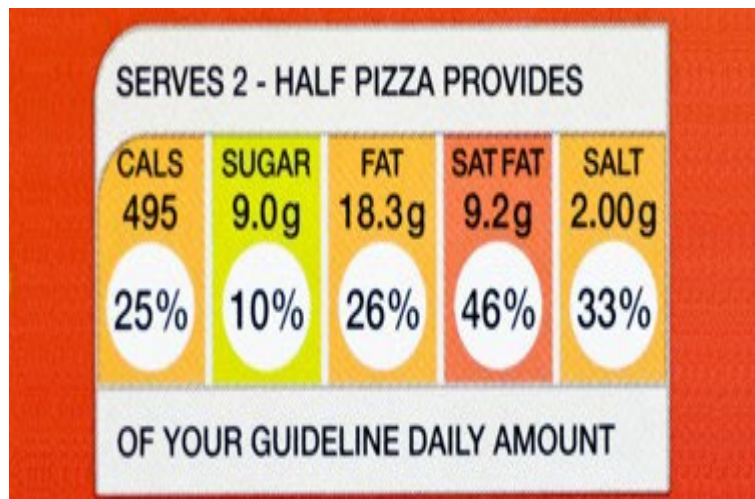


Food Labels



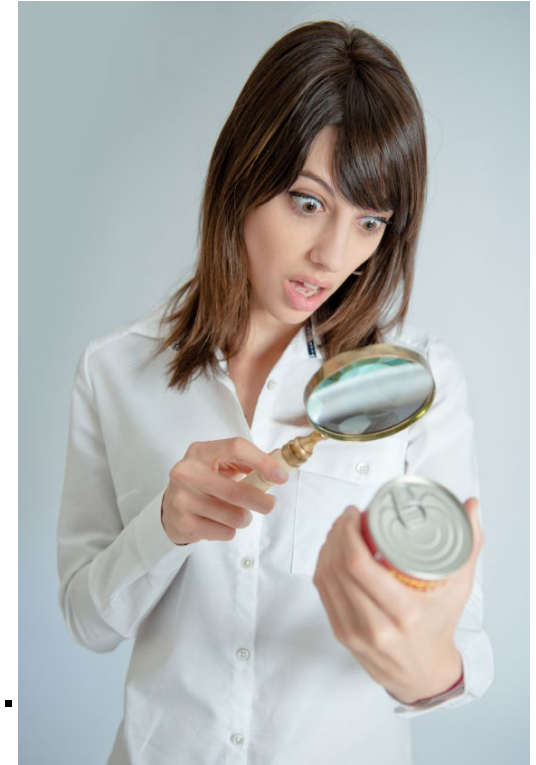
| Nutrition | | | | |
|------------------------------|---------------|----------------|------|-----------|
| Typical values (as consumed) | per 100g | per pack | %GDA | your GDA* |
| Energy | 541kJ/128kcal | 2011kJ/476kcal | 24% | 2000kcal |
| Protein | 4.9g | 18.2g | | |
| Carbohydrates | 20.8g | 77.4g | | |
| of which sugars | 1.5g | 5.6g | 6.2% | 90g |
| Fat | 2.8g | 10.4g | 15% | 70g |
| of which saturates | 2.3g | 8.6g | 43% | 20g |
| Fibre | 2.1g | 7.8g | | |
| Sodium | 0.1g | 0.5g | | |
| Salt equivalent | 0.3g | 1.3g | 22% | 6g |

*Recommended guideline daily amounts for adults (GDA)



How do I understand food labels?

- ❖ Compare food labels for salt content.
- ❖ Look for the guideline daily amount on the food label (%GDA).
- ❖ The traffic light system uses **red for high, amber for medium** or **green for low** in a particular nutrient.
- ❖ Choosing foods with more **green** and **amber** nutrients than **red** is a good way to make healthier choices.



Portion size

- Remember the suggested portion size on the food label might not be the portion size you put on your plate.
- Remember to adjust the amount of salt on the food label to match your portion size.

For example if the portion size on the jar is a $\frac{1}{4}$ and you are going to eat $\frac{1}{2}$ jar you would need to double the salt content on the food label as this would be your actual salt intake.

- **Remember your portion size, to be label wise!**

Breakfast 'Swaps'

Swap this...

30 g bran flakes with milk
0.6 g salt = 10% of your GDA



For this...

2 weetabix with milk
0.27 g salt = 5% of your GDA



Light Meal 'Swaps'

Swap this...

Cheddar cheese sandwich &
ready salted crisps
2.54 g salt = 42% of your GDA



For this...

Tuna sandwich made with tuna
in spring water & salt 'n' shake crisps
1.24 g salt = 20% of your GDA



Main Meal 'Swaps'

Swap this...

Chicken
Tikka With Rice 500g
2.77 g salt = 46% of your
GDA



For this...

Chicken Tikka Masala With
Pilau Rice, Be Good To
Yourself 380g
0.84 g salt = 14% of your GDA



Evening Meal 'Swaps'

Swap this...

2 Sausages and mashed potato
with gravy
2.4 g salt = 40% of your GDA



For this...

Pork chop and mashed potato
with gravy
0.68 g salt = 11% of your GDA

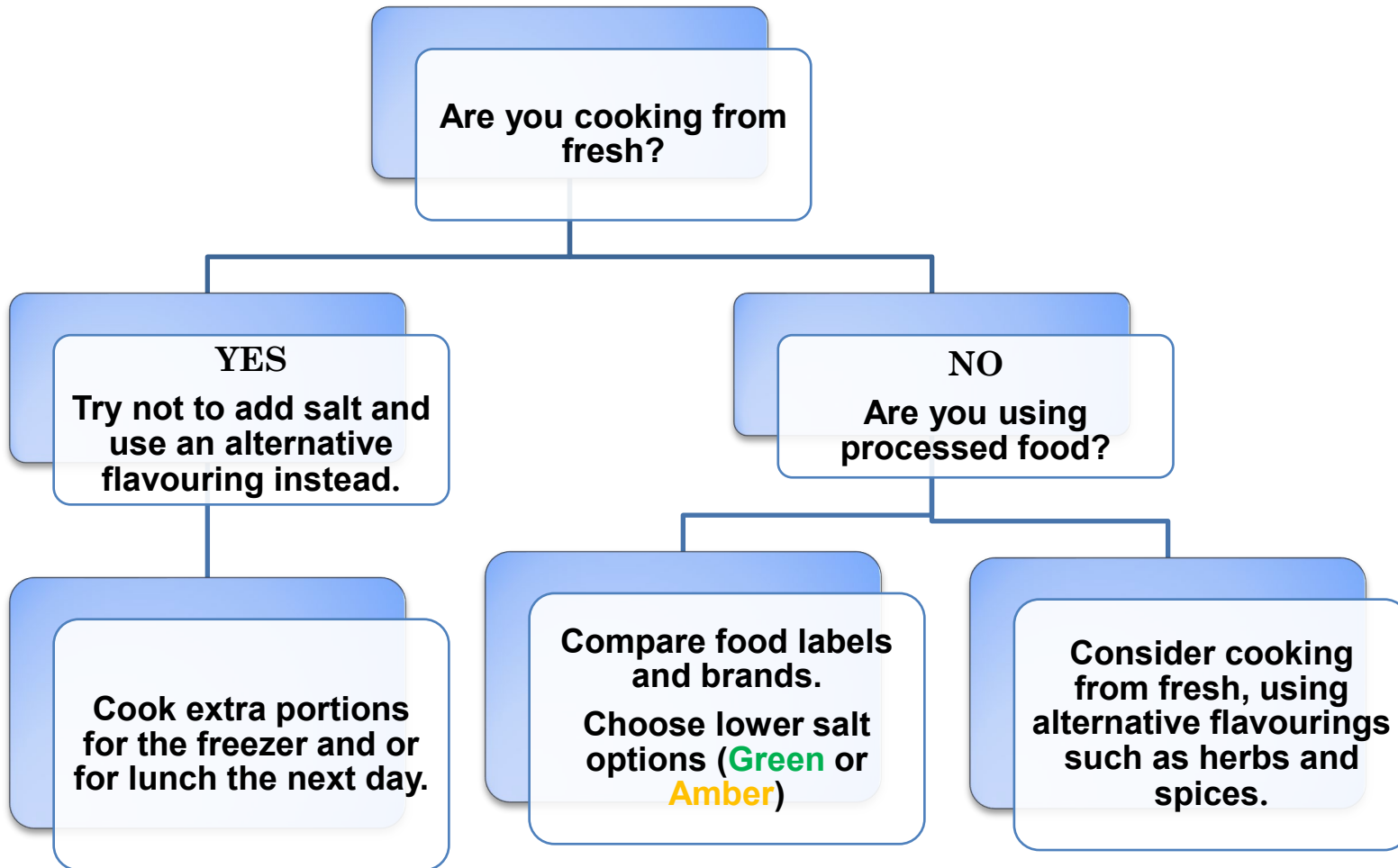


Does less salt mean less taste?

- ❖ Your taste buds will adapt to less salty foods and this will allow the natural flavours of the foods to come through.
- ❖ Adding flavourings such as herbs, spices, lemon garlic, chilli, ginger or curry powders instead of salt.
- ❖ We don't recommend artificial salt substitutes as they can be harmful for people with kidney disease.



Decision making flow chart to reduce the amount of salt in our diet



Tips on how to reduce your salt intake

- Try **not** putting salt on the table and **not** adding salt during cooking.
- Cook foods from fresh so you know what is in them.
- Instead of salt, use black pepper, herbs and spices to flavour food.
- Cut down on processed foods such as bacon, sausages, cheese and canned food containing salt.
- Plan meals so you can cook extra to take for lunch the next day – this will save money too.



Comparing different food types & brands

- Next time you are in a shop, try to pick out three items that you think are high in salt and three items that you think are low in salt.
- Check their food labels to see if you are right!
- Think whether these items surprised you by their salt content?

Additional information

- Other sources of information that you may find useful are:
- WASH, World action on Salt
www.worldactiononsalt.com
- UK NICE National Institute of Clinical Excellence
www.nice.org.uk
- US CDC
www.cdc.gov/salt/