

An abstract graphic featuring three blue circles of varying sizes. The largest circle is in the top right, a medium-sized one is in the center, and a large one is in the bottom right. Two thin, light blue diagonal lines cross the page from the top left towards the bottom right, passing behind the circles.

OxCKD1

Empowering healthy lifestyle choices in chronic kidney disease.

Script for learning package.

Side 2

Empowering healthy lifestyle choices in chronic kidney disease.

Welcome. We would like to help people to reduce the amount of salt in their diet. We hope to help you make healthy food choices and help you learn about the amount of salt in everyday foods. This can help to support you and motivate you in eating less salt and this will be good for your health.

You will learn the health benefits of eating less salt, how to understand how much salt is in the food you eat, what food labels mean and the importance of portion size.

There are practical tips on salt reduction on the OxSalt website.

Slide 3

Take a few moments to read this slide.

Slide 4

Studies have shown that reducing the amount of salt in our diet can lower blood pressure. This can be seen as quickly as 4 weeks after reducing the level of salt. To maintain this positive effect the lower salt intake needs to be continued.

High blood pressure is the single biggest risk factor for stroke and heart disease. By reducing your salt intake you can reduce the risk of developing high blood pressure.

Remember that people with high blood pressure are 3 times more likely to develop heart disease or suffer a stroke.

Slide 5

No matter how old you are reducing your salt intake reduces the raise in blood pressure. This is good for you, its good for your heart, its good for your kidneys and it makes it less likely that you will have a stroke.

Slide 6

What are the main sources of salt?

Most of the salt in our diet is already in the foods we eat. So evcen if we don't add any salt to our food there may already be a lot of salt in it.

Slide 7

Most countries now have advice about how much salt is health. There is no need for most people to add any salt to their food or to use any salt in their cooking.

It is useful to understand how food is labelled so that you can make choices about the salt in your diet.

Slide 8

Different products display different things on their food labels which is why it is important to understand food labelling. This will give you an idea of how much salt you are eating in your diet.

Food labels often contains information on energy, protein, carbohydrate, fat, sugars fibre and salt. These labels may show you the percentage of your guideline daily amount which is often referred to as the GDA.

Slide 9

The salt content of foods varies from brand to brand so it is good to compare food labels to find out which has the lowest amount of salt in.

Some food labels use a traffic light system to indicate if a food is high, red, medium, amber or green, low in a particular food component such as salt and this can help us make healthier choices.

Generally, choosing foods with more amber and green than red is an easy way to make healthier choices.

Slide 10

The amount of salt you eat will be affected by how much salt is in a particular sized portion and how much of that food you eat. If you eat more than the recommended portion size on a food label, then you will be eating more salt than the label indicates.

Slide 11

Small changes to meals and snacks can make a big difference to your daily salt intake. Here are some simple suggestions for swaps that can help you to lower how much salt you eat.

Just by swapping bran flakes for 2 Weetabix reduced the amount of salt by 50%

Slide 12

When choosing a light meal or making a packed lunch try making your own sandwich and swapping seasoned potato chips for salt-free chips.

Slide13

From this slide you can see that the amount of salt contained in ready meals vary even from the same supermarket. Because of this it is important to check the food labels of each product because different products will contain different amounts of salt.

Slide 14

Processed meats are often high in salt so try swapping sausages for a pork chop or making your own tomato sauce for pasta so that you know exactly how much salt is in your food.

Slide 15

When you lower the amount of salt in your diet your taste buds will soon adapt to the tastes of other flavours in the food. However, don't be surprised at first if food seems to taste a bit bland when you cut your salt intake. This is only temporary and usually over a few weeks you will find that food tastes much nicer because you start to taste the natural flavours of the foods themselves instead of just the saltiness of the salt in the food. Most people find that they enjoy the taste of their food more once they have lowered their salt intake.

Try using herbs and spices to enhance and add flavour to foods.

We don't recommend the use of artificial salt substitutes, because the potassium salts contained in these products can be harmful for people with kidney disease.

Slide 16

Have a look at this flowchart. It is designed to help you think about the decisions involved in making healthy choices when planning your meals or shopping. As you go through the flow chart it gives you simple tips to try to reduce the salt content in the food you are cooking or buying.

Not everybody has time to cook from fresh ingredients, but it can sometimes save money and does give you real control over the amount of salt in the food you eat.

Slide 17

Here are some simple suggestions that you may want to consider.

Try not to add any salt to your food at any stage.

Try to use other flavourings instead of salt.

Be careful not to eat too much processed food.

If you have time to plan meals or cook meals, always think about salt and about whether you can make enough for a low salt lunch for the next day too.

Slide 18

It is worth doing a small exercise when you next go shopping to see if you are surprised by the amount of salt in different foods.

Slide 19

This is the end of the presentation. We hope you found this useful.

The internet is a great place to get information on salt – here are some links to get you started and there is plenty of other information that we will be giving you too.