

Communication sheet

Week 1

001 Text - Week 1 Monday

Just a reminder that this is week 1 of the Lowering Salt for Health Study. Best wishes from the study team.

002 Email – Week 1 Thursday

Title: Welcome to the Lowering Salt for Health study

Dear Participant,

Welcome to the OxSalt Care Bundle for lowering salt for health.

We hope to guide and support you through lowering the salt levels in your diet.

Remember that all the information given to you and more as well as useful links can be found at <https://cocallag.github.io/oxsalt/>

Try to set some specific goals to reduce your salt intake.

Best wishes,

The OxSalt team.

Week 2

003 Text Week 2 Monday

Well done you will already have started to try to reduce salt levels in your diet. Remember to check food labels to watch your salt intake. Best wishes OxSalt team.

004 Text Week 2 Wednesday

Remember reducing salt in your diet will significantly reduce the risk of developing health problems AND lower your blood pressure. Try NOT adding salt to the water when cooking vegetables, pasta and rice. Best wishes, The OxSalt team.

005 Email Week 2 Thursday

Title: Week 2 of the OxSalt Care Bundle for lowering salt for health

Welcome to Week 2 of the OxSalt Care Bundle for lowering salt for health. We hope that you have found the hints and tips we have been sending you helpful.

Do use the shopping lists that you were given as they have helpful shopping tips on them.

Eating foods with a lower salt content will have started to improve your taste buds, so the natural flavour of foods will be starting to shine through.

Why not try making your own bread and reducing the amount of salt added until you leave out the salt altogether. More information and useful links are available on our study website <https://cocallag.github.io/oxsalt/> .

Do post your own comments or tips or recipes on the website if you would like to. There are comment forms you can fill in at the bottom of most pages.

Best wishes,

The OxSalt team.

006 Text Week 2 Friday

Set some salt reducing goals. How about a salt-free start to your day? Maybe try making your own muesli with jumbo porridge oats, dried fruit and nuts and perhaps half a grated apple. Have a go! Best wishes from the OxSalt team.

Week 3

007 Text Week 3 Monday

Hope you had a good weekend. Have you set salt-reducing goals? If you have any leftover meat try using it for lunch or in a sandwiches. Packaged cooked meats contain more salt per slice than you might think. Best wishes from theOxSalt team.

008 Text Week 3 Wednesday

If possible, cook meals from fresh ingredients as that way you will know exactly what is in the meal. Then you can make extra portions to put in the freezer for a quick and easy meal.

Best wishes from the OxSalt team

009 Email Week 3 Thursday

Title: Week 3 of the OxSalt Care Bundle for lowering salt for health

Welcome to Week 3 of the OxSalt Care Buncle for lowering salt for health. By now you will be more familiar with checking the salt contents of foods and may know more about salt.

Take a few moments to review your progress. Congratulate yourself on the progress you have made. Each time you reduce your salt intake you are doing your health some good.

Remember that seasoning does not have to mean salt, try black pepper, herbs and spices or even one of the seasoning recipes we have given you. They are all salt free options that enhance the flavour of food. You can have a look at the recipes here - <https://cocallag.github.io/oxsalt>

Best wishes,

The OxSalt team.

010 Text Week 3 Friday

Review your salt reducing goals. Remember to check food labels. Different brands may have different amounts of salt in. Also check your portion size as you may need to recalculate the salt content of the food according to your portion size. Best wishes, The OxSalt team.

Week 4

011 Text Week 4 Monday

Welcome to the last week of the Lowering Salt for Health Study. This is a great time to look out for foods that are really high in salt and cut down on these foods. Best wishes from The OxSalt Study team.

012 Email Week 4 Wednesday

Title: Week 4 of the OxSalt Care Bundle for lowering salt for health

Welcome to Week 4 of the OxSalt Care Bundle for lowering salt for health.

We hope that you have begun to understand how much salt is in your foods.

Keep challenging yourself to keep the amount of salt in your diet low. It is great to form healthy habits as they will stay with you. Do persist, even if you are finding it difficult. It will get easier.

Best wishes,

The OxSalt team.