

Use salt sparingly

Most of the salt we eat comes from processed foods. The rest comes from the salt added at the table, and salt added while cooking. People like the taste of salt.

Why do we have to eat salt sparingly?

Most people eat too much salt. When you eat too much salt you can get illnesses such as high blood pressure, heart disease, stroke, fluid retention (when your body keeps water), kidney failure.

Buy iodated salt.
ALL salt is to be used sparingly.



Photographs: UNICEF/Giacomo Pirozzi

SPARINGLY- this means very little at a time.

Do our bodies need salt?

Salt helps our bodies to have just enough fluid - not too much and not too little fluid. Therefore, add less, or no salt to foods at the table and during cooking. Most foods have enough natural salt. When you eat a variety of foods, it is not necessary to add salt while cooking or at the table.



Iodated salt

Means that iodine has been added to salt. Iodine is important for the development of the brain. According to law, all table salt has to be iodated to prevent iodine deficiency, which causes physical and mental handicaps. When you buy salt, make sure it is iodated. Only a small amount of iodine is needed, therefore salt should be used sparingly.

Meaning of words Processed

To treat or prepare by a special method.

MSG

A substance added to food to improve the taste.

How can you use salt sparingly?

- Using salt is a habit.
- If you use lots of salt it is difficult to stop using salt.
- Try to reduce the amount a little at a time.
- Don't put salt on the table.
- Use less salt when cooking.
- Try to eat only a little of processed and canned foods which have lots of salt.

Tips

Remove salt from recipes whenever possible.

Instead of salt, use spices that do not contain salt, such as pepper, chilli, paprika and curry and herbs, such as parsley.

Instead of packet-soups, make fresh soups from dry beans, split peas or vegetables.

Buy fresh, plain frozen, or canned (tinned) foods which say "with no salt added".

Use fewer sauces, mixes, and "instant" products such as flavoured rice, pasta, and cereal, which usually have salt added.

Starchy foods such as rice and pasta can be cooked with little or no salt.

Use fresh chicken, fish, and lean meat, rather than processed meats and fish.

Read the food label to find out what is in the foods you eat.



Eat salt sparingly - sprinkle a little, don't shake. Check your blood pressure regularly.



The following products are high in salt:

Seasoning:

Soy sauce, steak sauce, salad dressing, tomato sauce, barbecue sauce, garlic salt, onion salt, seasoned salts like lemon pepper, stock cubes, meat tenderizer and products containing monosodium glutamate (MSG).

Foods high in salt:

Sausages (wors), luncheon meats (polony), salami, ham, bacon, take-away chicken portions, Bovril, Marmite, pizzas, potato crisps, salty nuts and savoury biscuits



Did you know?

- Seasoning salt, which many people use in cooking, contains lots of salt.
- **Stock cubes**, used to make soup or add to stews, contain lots of salt.
- Fast foods or take away foods usually contain lots of salt.

How much do you know?

- What can happen if you eat too much salt?
- Why is it important to use salt sparingly?
- Which of the foods that you and your family eat contain salt?
- What do you think is the message of this pamphlet?

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