Use salty food less often

Foods low in salt ☺ Eat more often	Moderate salt foods 😐 Eat sometimes	Foods high in salt ☹ Eat less often
Foods prepared at home from fresh ingredients	Salted nuts	All types of salt
Fruits and vegetables (fresh, frozen and dried)	Cakes, pastries and biscuits	Seasoning salts like barbeque or chicken spice
Unsalted nuts and seeds	Table sauces (tomato sauce and mustard)	Stock cubes, gravy and soup powders
Beans, lentils and peas	Salad dressings	Take-away foods, pizza and crumbed meat or chicken
Mealie meal	Mayonnaise	Crisps
Pasta and rice	Convenience meals	Salty spreads
Plain popcorn	Burgers and pies	Worcestershire and soya sauce
Oats	Soft tub margarine	Processed meats like polonies, viennas, salami, ham, sausages and boerewors
Fresh fish	Pate and hummus	Cured meat and fish like bacon, biltong, bokoms, anchovies, corned beef and pickled tongue
Fresh chicken and meat	**Look for lower salt options for these foods:**	Cheese, Butter and hard margarine
Eggs	Bread and bread products	Instant noodles
Yoghurt and maas	Breakfast cereals	Olives and pickles
Plain cottage cheese	Baked beans	
Vinegar or lemon juice	Peanut butter	
Spices and herbs (dried and fresh)	Tinned fish	

How to add less salt to food

1. One step at a time

- If you add salt **at the table**, stop this habit first. Don't put the salt shaker on the dinner table.
- Start using less salt when you are **cooking**.
- Reduce your salt intake gradually.

2. Tips to cook with less salt

- **Taste** your food during cooking before you add salt, as it may not need it.
- If you have already added salty spices or a stock cube, you don't need salt too.
- If you used salt during cooking you don't need to add more at the table.

To make your food tasty try these herbs and unsalted spices instead of salt:

- Lemon juice or vinegar
- Herbs like Italian herbs mix, parsley or rosemary
- Spices like curry powder, paprika or pepper
- Garlic, ginger, chilli and onions

When you and your family use less salt, you are making a decision to live a healthier life. Don't give up, keep trying every day!

Salt Watch is brought to you by the **Heart and Stroke Foundation SA**

Visit: www.saltwatch.co.za
www.heartfoundation.co.za

Phone: Heart and Stroke Health Line on 08601 HEART (43278)

Email: heart@heartfoundation.co.za

THE HEART AND STROKE FOUNDATION SOUTH AFRICA

Salt
and your health

Is too much salt bad for me?

How much salt is too much?

Where do I get salt from?

Do I eat too much salt?

What is sodium?

How do I choose less salty foods?

How do I add less salt to food?

WesternCape on Wellness

Wow!

Creating A Culture Of Wellness Together

SALT WATCH

www.westerncape.gov.za/wow

Too much salt is bad for you

- Your body needs only a small amount of salt to be healthy.
- Eating more salt than you need can be unhealthy as it can increase your blood pressure.
- High blood pressure can cause heart disease and strokes.
- High blood pressure and heart disease develops over many years.
- Many people don't know they have high blood pressure as one cannot feel it.
- Your blood pressure should be checked yearly.
- You can keep your body healthy by starting to use less salt today.

How much salt is too much?

- You should eat no more than **5 g of salt per day**.
- 5 g is the same as **one teaspoon** of salt.
- This 5 g includes the salt that you add to your food **as well as** salt already found in foods.

Where do I get salt from?

- Many foods that you buy already have salt in them and this is called **hidden salt**. Often these foods don't look or taste salty.
- Examples of foods with a lot of hidden salt include
  - Bread and breakfast cereals
  - Sausages and other processed meats
  - Stock, soup and gravy powders
  - Hard brick margarine
- The table at the back shows other foods high in salt.
- We add more salt to our food when we cook and at the table.

Do I eat too much salt?

- Many South Africans eat too much salt. In fact we eat twice the amount of salt we should!
- It can be very easy to eat too much salt when eating normal everyday foods.
- Half of the salt we eat is from salt added by manufacturers during the processing of foods.
- The other half of the salt we eat comes from salt we add during cooking and salt sprinkled on at the table.

What is sodium?

- Salt is made up of two parts – Sodium and Chloride.
- Sodium is the part of salt that can increase your blood pressure when you eat too much of it.
- 5 g of salt is the same as 2000 mg of sodium.

How to choose less salty foods

1. Learn how much salt is in food

- Look on the ingredient list for these words:
  - **Salt** or any ingredient that contains the word "**sodium**"
  - **MSG, baking soda** or **baking powder**
- If any of these words are in the first **3 ingredients** on the food label of a food, it is likely to be high in salt.
- The **Nutritional Information Table** on some food packets also tells us how much sodium is in food.
- Use the simple table below to help you **compare** how much sodium is in 100 g of different foods:

Nutritional Information Table

Per 100g	Low eat more often ☺	Moderate eat sometimes 😐	High avoid or limit ☹
sodium	120 mg or less	120 mg - 600 mg	600 mg or more

Remember to look at per 100 g of food and not per serving

2. Look for the Heart Mark logo

- Foods with this logo on are healthier choices and lower in salt than similar products.

APPROVED AS PART OF THE HEARY AND STROKE FOUNDATION EATING PLAN

3. Use salty foods less often

- Fresh foods have less salt than processed foods.
- Try using more fresh foods and less processed foods.
- Use the table at the back to help you choose foods that are low in salt more often.