

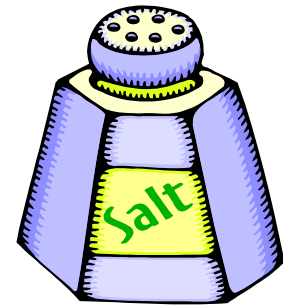
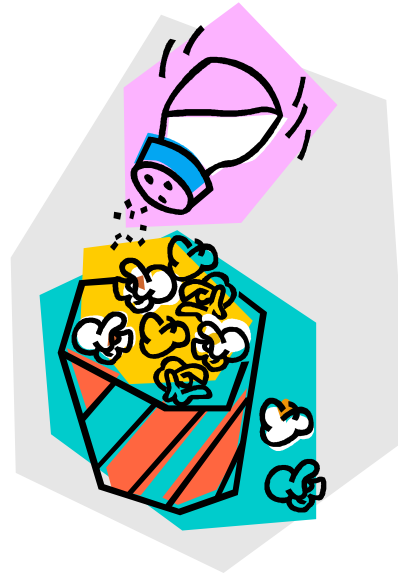


**OX SALT**

**LOWERING SALT FOR HEALTH**

**Training Package.**

# LOWERING SALT FOR HEALTH.



# INTRODUCTION

## What is Salt?

Salt is made up of the minerals sodium and chloride, it is the sodium part that we need to limit for good health.

It is recommended by the National Institute for Health and Clinical Excellence (NICE) that we take in 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.



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

- ❖ Reducing salt can lower your blood pressure.
- ❖ High blood pressure a big risk factor for developing heart disease or strokes.
- ❖ 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.



- ❖ A rise in blood pressure with age is dependent on the amount of salt taken.
- ❖ The higher the salt intake the higher the raise in blood pressure with age.
- ❖ Reducing your salt intake reduces the rise in blood pressure with age.

### What are the main sources of salt?

- ❖ 75% of the salt we eat is already in the food we buy, particularly processed foods.
- ❖ These include pizza, baked beans, ham, bacon, sausages, jars of sauces, bread, cereal products, shop-bought soups, cheese and savoury snacks



## How much Salt is recommended then?

- ❖ NICE recommend that we take in **NO** more than **6** grams of Salt per day.
- ❖ The sodium equivalent is 2400mg (milligrams) per day. This is the recommended daily allowance (RDA) .
- ❖ Understanding food labelling will give you an idea of how much salt / sodium you are taking in your diet.

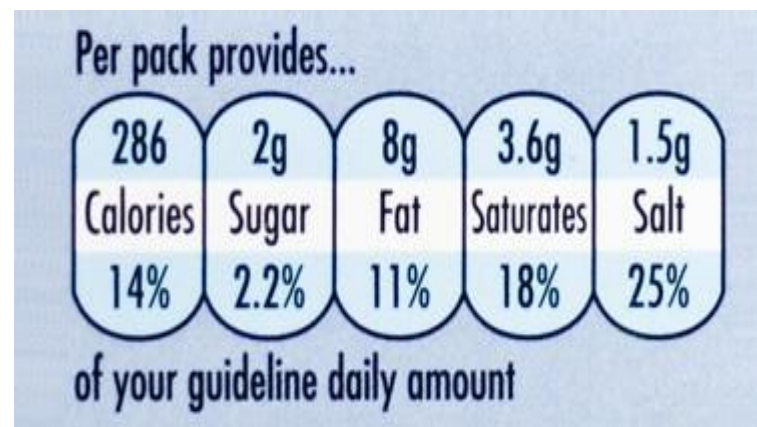
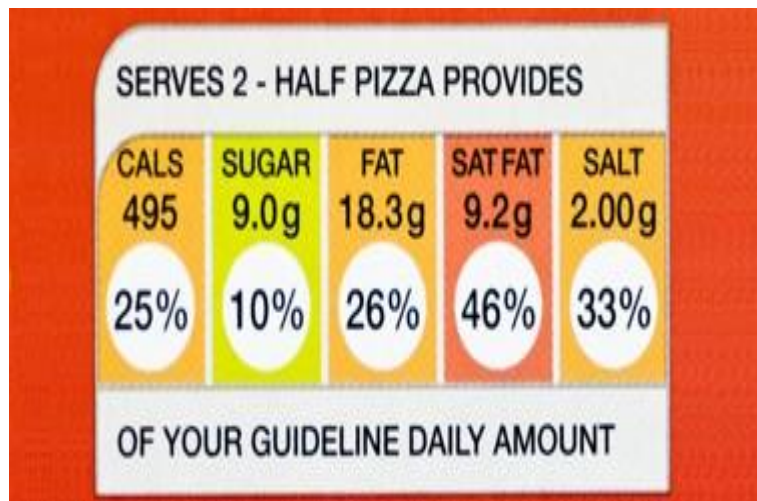


# FOOD LABELS



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.
- ❖ Try looking for the recommended daily allowance on the food label ( %RDA).
- ❖ The traffic light system of labelling on the front of the packaging 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 an easy 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!*



## SAMPLE MENU

### **Breakfast** mg sodium

Shreddies 248

Toast x2 with yeast extract 469

### **Snack Meal**

Cheese sandwich 685

Crisps 320

### **Main Meal**

Jar of Bolognese sauce with  
minced beef & pasta 422

**Or**

Sausages x2, gravy, mashed  
potato & vegetables 940

### **Snack**

Crumpet x2 823

### **Total:**

2967-3485mg sodium = 7.5-8.7g salt

= **125-145** % RDA

### **Breakfast** mg sodium

Weetabix x 2 108

Toast x2 with jam 350

### **Snack Meal**

Tuna sandwich 495

Salt 'n' Shake crisps 0

### **Main Meal**

Homemade Bolognese sauce  
with minced beef & pasta 102

**Or**

Pork chop, reduced salt gravy,  
mashed potato and vegetables 270

### **Snack**

Crackers x2 with cream cheese 175

### **Total:**

1230-1400mg sodium = 3-3.5g salt

= **51-58%** RDA



# Breakfast 'Swops'

## Swop this...

40 g cornflakes with milk  
1.39g = 23% of your daily intake



## For this...

2 weetabix with milk  
0.55g = 9% of your daily intake



Baked beans on toast  
2.04g = 34% of your daily intake



Reduced salt baked beans  
on toast 1.64g = 27%  
of your daily intake



# Light Meal 'Swops'

## Swop this...

Tuna sandwich made with tuna in brine  
1.23g = 20% of your daily intake



## For this...

Tuna sandwich made with tuna in spring water  
1.06g = 18% of your daily intake



Pate on toast  
1.54 g = 26% of your daily intake



1 tbsp cottage cheese  
on toast  
0.92 g = 15% of your daily intake



# Main Meal 'Swops'

## Swop this...

Sainsbury's Chicken Tikka With Rice 500g  
2.26g salt = 38% of your daily intake



## For this...

Sainsbury's Chicken Tikka Masala With Pilau Rice, Be Good To Yourself 400g  
0.84g = 14% of your daily intake



Asda Meal for One haddock fish pie 450g  
2.8g = 47% of your daily intake



Asda Great Stuff cheesy fish pie 300g  
0.6g = 10% of your daily intake



# Evening Meal 'Swops'

## Swop this...

Sausage and mash  
1.5g = 25% of your daily intake



## For this...

Pork chop and mash  
0.63g = 10.5% of your daily intake



Pasta with a jar of  
cooking sauce  
1.49g = 24.8% of your  
daily intake



A homemade sauce  
with no added salt!  
= 0g = 0% of your daily intake

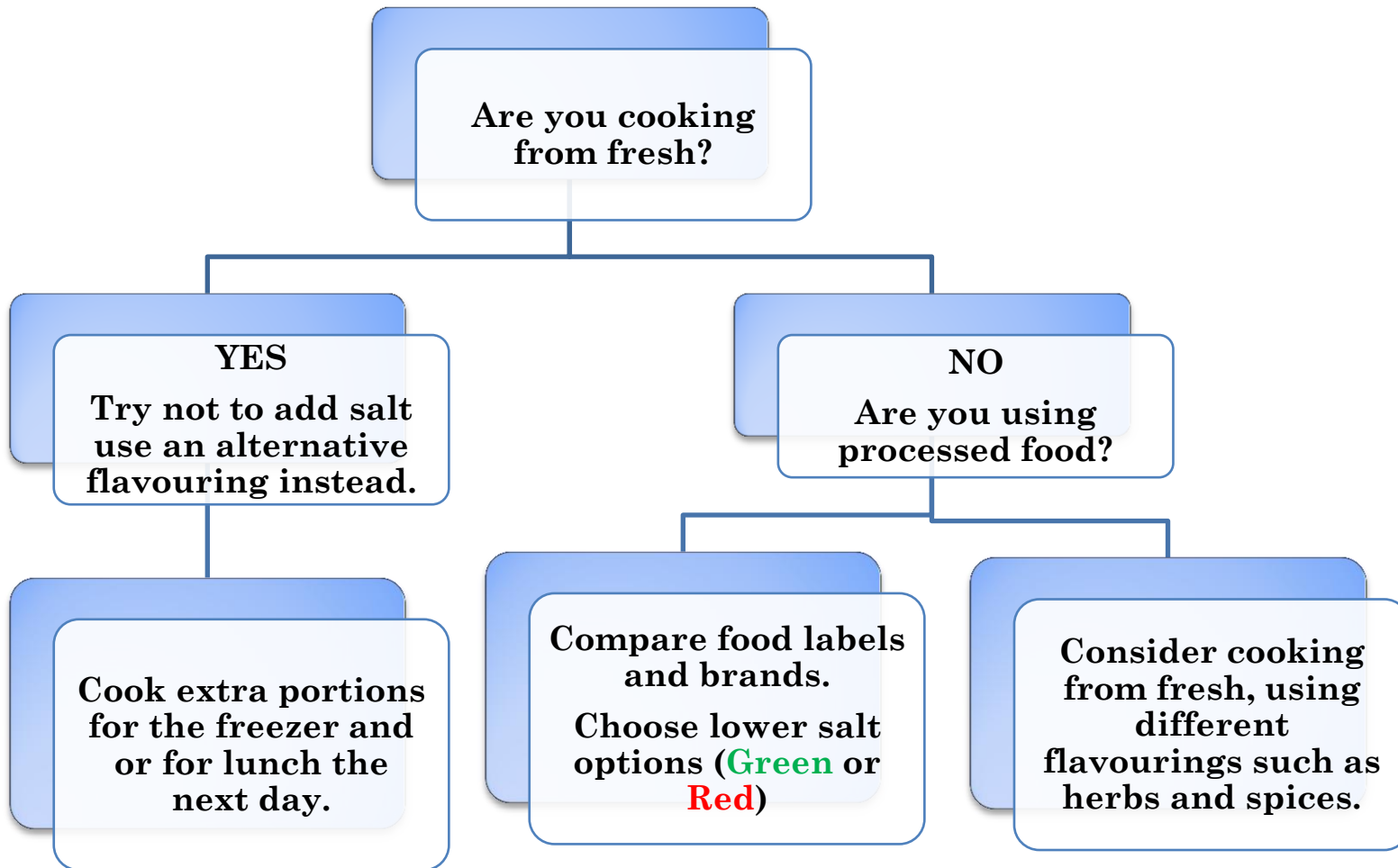


## Does Salt mean less taste?

- ❖ Your taste buds will adapt to the taste of other flavours in the food.
- ❖ Less salty food once your taste buds have adjusted allow the natural flavours of the foods will come through.
- ❖ Adding flavourings such as herbs, spices, lemon garlic, chilli, ginger or curry powders is away of adding flavour to food.
- ❖ NICE do not recommend the use of salt substitutes.



# DECISION MAKING FLOW CHART TO REDUCE THE AMOUNT OF SALT IN OUR DIET.





## Tips on how to reduce your salt intake.

- Don't add salt during cooking or at the table.
- Use black pepper, herbs and spices to flavour food instead of salt.
- Cut down on processed foods such as bacon, sausages, cheese and canned food containing salt.
- Cook foods from fresh so you know exactly what has gone into the dish.
- Plan meals so you can cook extra to take for lunch the next day.



# COMPARING DIFFERENT FOOD TYPES AND BRANDS.

- Please have a look through the different types and brands of foods and try to pick out three items that you think are high in salt.
- Please now try to pick out three things that you think are low in salt.
- Have these items surprised you by their salt content?
- Questions.



## ADDITIONAL READING.

- Other sources of information that you may find useful are as follows:
- WASH, World action on Salt  
[www.worldactiononsalt.com](http://www.worldactiononsalt.com)
- NICE National Institute of Clinical Excellence  
[www.nice.org.uk](http://www.nice.org.uk)
- Eatwell.gov.uk/salt  
[www.eatwell.co.uk](http://www.eatwell.co.uk)
- Blood pressure association.  
[www.bpassoc.org.uk](http://www.bpassoc.org.uk)

