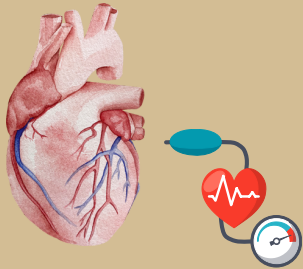




Extension - Health and Human Sciences



**High blood pressure** is also called **hypertension**. Did you know that it is the leading cause of disease, death and disability, both globally and in the South-East Asia Region?



## DID YOU KNOW?

**One in four adults have high blood pressure.**

If one eats less salt it may help reduce high blood pressure. If you keep your blood pressure in a healthy range it could reduce your risk of stroke, heart disease, and kidney disease!

Resource:

Baker Heart & Diabetes Institute

# Being Smart about Sodium

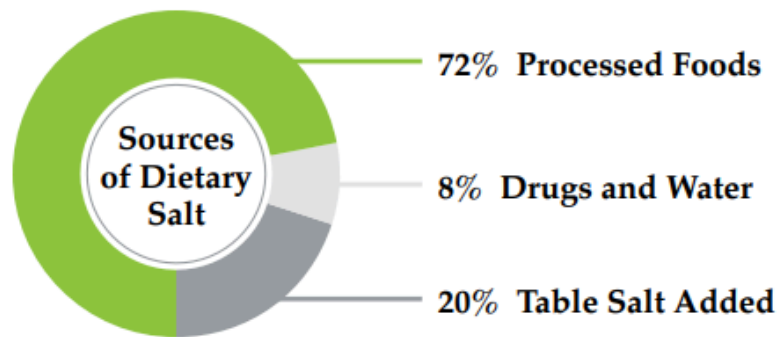
Do you know how much salt you are eating? Almost all of us eat too much sodium or salt. The chemical name for salt is sodium chloride. Did you know that eating too much sodium can increase your risk of high blood pressure? High blood pressure has been called the "silent killer" because there are often no symptoms.

**So, how do you know if you have high blood pressure?** The only way to know is to get your blood pressure checked.

**Where does sodium come from?** Most of the sodium we eat comes from processed foods and foods prepared in restaurants. Believe it or not, only about 20% of our sodium comes from the salt shaker! The majority of it comes from the processed foods that we consume and the remainder from drugs like antacids and water from water softeners that use salt.

## What foods are loaded with salt?

- |                         |                          |
|-------------------------|--------------------------|
| 1 Breads and rolls      | 6 Sandwiches             |
| 2 Cold cuts/cured meats | 7 Cheese                 |
| 3 Pizza                 | 8 Pasta mixed dishes     |
| 4 Poultry               | 9 Meat mixed dishes      |
| 5 Soups                 | 10 Savory (salty) snacks |



For each of the foods above, you can find products that are **LOWER** in sodium than others. How do you do that, you ask? You can read the Nutrition Facts Label on items that you want to purchase at the store. This will help you make a lower sodium choice that will make a huge difference in your health long term!

## Why should you reduce your sodium?

Reducing the amount of salt in your diet lowers blood pressure when you have normal or high blood pressure. Eating a diet high in salt increases blood pressure when you already have high blood pressure. A high salt intake along with too much saturated fat, trans-fat, or cholesterol and a low intake of fruits, vegetables, or fish could result in an increased heart disease risk. Heart disease is the number one killer of both men and women in the United States.

## Tips on Reducing Salt Intake

- Put the salt shaker away! Avoid using salt in cooking and at the table. This includes all forms of salt, such as salt flakes, rock salt, sea salt, pink salt, garlic and onion salt.
- Allow your tastebuds to adapt. It might take your taste buds 4-6 weeks to adapt to a lower salt diet
- Add other flavors. If you need to add more flavor, use fresh or dried herbs, spices, pepper, garlic, ginger, lemon juice or vinegar instead of salt.
- Read the Nutrition Facts Label for sodium levels!

## Tips on Lifestyle Choices to Lower Blood Pressure:

1. Achieve and maintain a healthy body weight.
2. Participate in daily physical activity and reduce sitting time.
3. Drink less than two alcoholic drinks a day.
4. Take medications recommended by your doctor.
5. Get support to reduce or stop smoking.
6. Eat foods that have potassium, such as fruits and vegetables each day.



### Swap high salt foods for lower salt options:

Swap this:	Into this:
<b>Sauces and stock</b>	
• Soy sauce	✓ Salt reduced soy sauce
• Gravy	✓ Salt reduced gravy
• Cooking sauces	✓ Canned tomatoes
• Stock powder	✓ No added salt stock
<b>Snack foods</b>	
• Crackers	✓ Unsalted nuts
• Crisps	✓ Air popped popcorn
• Biscuits	✓ Fresh fruit
<b>Take away and restaurant meals</b>	
Especially meals with:	✓ Vegetables
• Extra sauces	✓ Herbs and spices
• Extra seasoning	
• Cheese and deli meat	
<b>More meals prepared at home using extra:</b>	

### Swap high salt foods for lower salt options:

Swap this:	Into this:
<b>Deli meat</b>	
• Sausage	✓ Lean mince
• Salami	✓ Grilled chicken
<b>Smoked foods</b>	
• Smoked salmon	✓ Canned salmon in spring water
• Ham	✓ Turkey breast
	✓ Egg
<b>Salted foods</b>	
• Olives	✓ Cherry tomatoes
• Most cheese	✓ Ricotta cheese

## Reading a Nutrition Facts Label to Find Salt

### Nutrition Facts

Serving Size ½ cup (126g)	
Servings Per Container 3½	
Amount Per Serving	
Calories 25	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	
Sugars 2g	
Protein 1g	
Vitamin A 10%	Vitamin C 15%
Calcium 2%	Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Regular Canned Tomatoes

### Nutrition Facts

Serving Size ½ cup (126g)	
Servings Per Container 3½	
Amount Per Serving	
Calories 25	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	
Sugars 2g	
Protein 1g	
Vitamin A 10%	Vitamin C 15%
Calcium 2%	Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Low Sodium Canned Tomatoes

### Other names for high sodium/salt ingredients:

- Baking powder, celery salt, garlic salt, meat/yeast extract, monosodium glutamate, (MSG), onion salt, rock salt, sea salt, sodium, sodium ascorbate, sodium bicarbonate, sodium nitrate/nitrite, stock cubes, vegetable salt.

