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Spotting sneaky salt in your diet

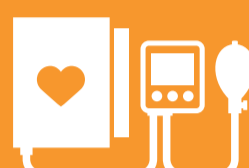


Too much salt in your diet can increase your risk for hypertension (high blood pressure), heart disease and stroke; placing extra strain on your kidneys.

South Africans living with hypertension:

27% of 

26% of 



HOW MUCH SALT ARE WE EATING?

According to the Heart and Stroke Foundation South Africa, South Africans consume an average of 8,5g (1,5 teaspoons) of salt per day.

The World Health Organization
recommends eating no more than

5g (1 teaspoon)
of salt a day



HOW ARE WE EATING SO MUCH SALT?

79,9% of adult South Africans **add salt** to their food **while cooking**.

32,9% of South Africans **add salt** to their food **while eating**.

Around **70%** of the salt we consume is **hidden in processed foods**.



3 WAYS TO CUT BACK ON SALT

1. Watch out for hidden salt

White bread

It's high in salt, and as it's a staple in South African households, it contributes significantly to daily salt intake.



Instead choose: Wholegrain high-fibre bread

Processed meats

Processed meats, such as boerewors, viennas, and polony, contain hidden salt.



Instead choose: Fresh or tinned fish, such as tuna, or unprocessed chicken.

Noodles

Out of all noodles worldwide, South African noodles contain the 8th highest levels of salt.



Instead choose: Wholewheat high-fibre pasta, wholegrain starches (e.g. brown rice), or vegetable noodles such as baby marrow spaghetti.

2. Read food labels

- Foods containing **more than 600mg of sodium per 100g**: To be **avoided** as far as possible.
- Foods with sodium levels **between 120mg and 600mg per 100g**: Can be eaten **sometimes**.
- Foods containing **less than 120mg of sodium per 100g**: Can be eaten **regularly**.

3. Use alternative flavourings

Be aware of **meat spices** and **store-bought sauces**, as they tend to be **high in salt**.



Good alternatives: Garlic, lemon, pepper, ginger, cinnamon, paprika, parsley and basil.

Do the right thing for your health by cutting back on salt.

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