

Salt





Things you didn't know about: Salt

- Roman times soldiers were paid in salt and the modern word for salary is from the Latin word for salt 'sal'
- In the middle ages salt was linked to fertility
 - French bridegrooms carried salt in their pockets
 - German brides had it sprinkled on their shoes
- A pinch of salt thrown over the shoulder was used to ward off evil spirits
- Oil is probably the modern equivalent of salt
- Otherwise known as: sodium, rock salt, monosodium glutamate (MSG), sea salt

Why reduce salt in our diets?



- 1 in 5 NZ'ers have high BP
- The World Health Organisation (WHO) estimates that a population wide reduction in dietary intake of sodium by **2.9g** per day would lead to a **22%** reduction in the number of deaths from stroke and a **16%** reduction in deaths from heart disease.



Salt requirements



- 1-2 g per day
- 460 – 2300 mg sodium per day
= 1-6g salt
- Average NZ intake: 9g per day
= 3600mg
 - ★ 157% recommended

Salt in our diet



Breakfast

- Porridge & milk
- Toast with spread and marmite

Morning tea

- Cottage cheese and crackers

Lunch

- Soup with a ham and relish sandwich

Evening meal

- Meat stir-fry with noodles
- Ice cream with fresh fruit

Breakfast

- Porridge & milk
- **Toast** with ***spread** and **marmite**

Morning tea

- ***Cottage cheese** and ***crackers**

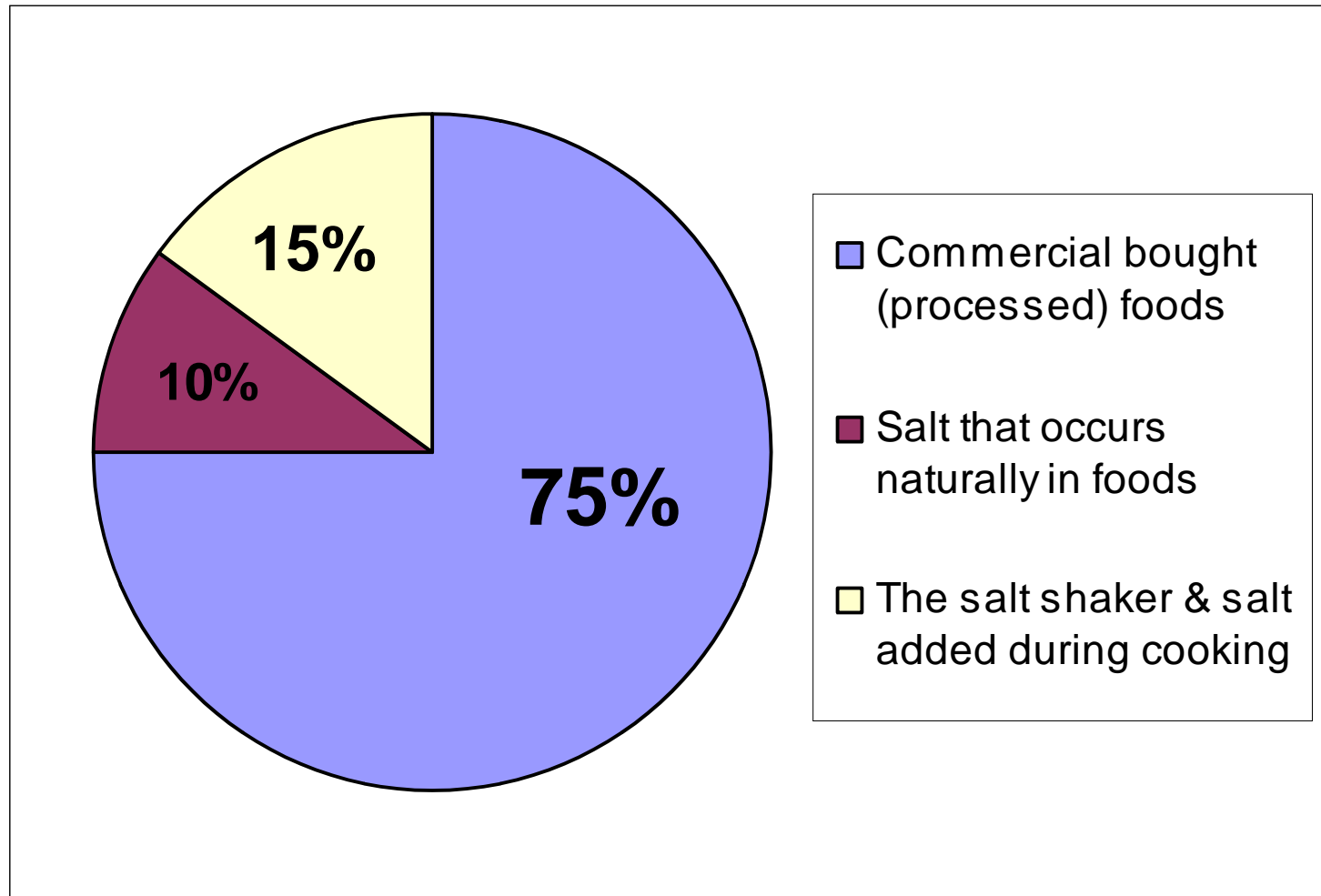
Lunch

- ***Soup** with a **ham** and **relish** sandwich

Evening meal

- Meat **stir-fry** with noodles
- Ice cream with fresh fruit

Where do we get our salt from?



So what can we do?

- Be aware: the more processed food is the more sodium it has added
- Bread: choose wholemeal or whole grain varieties
- Limit use of processed meats
- Use 'lite' versions of products like tomato sauce and soy sauce
- Choose un-smoked and non brine canned fish products



150mg per
Tablespoon



0 mg
sodium

Pick the Tick



- Heart foundation Tick programme:
 - Encourages food manufacturers to make healthier products
- In general they:
 - Reduce bad fats (saturated and trans)
 - **Reduce salt (sodium)**
 - Reduce energy (kilojoules or calories)
 - Increase positive nutrients like dietary fibre and calcium



The tick means: Lower salt choices

- Tick approved
 - ✓ Bread
 - ✓ Breakfast cereals
- Manufacturers removed **33** tonnes
- Majority of consumers will purchase on taste first: aim to make incremental reductions over many years



Iodine

- New Zealand has low levels of the mineral iodine our soils
- Iodised salt has been part of our diet since 1920's
- Iodine deficiency: goitre (swelling of the thyroid gland)
 - Mild iodine deficiency: decreased mental and physical development of children
- Men and women: $\frac{1}{2}$ recommended intake

Iodine continued

- New Zealand Food Safety Authority (NZFSA) currently considering fortifying staple foods such as bread.
- Iodine found in seafood, fish, seaweed, eggs, dairy products





Label Reading.....

- An interactive group activity

If you would like to know more about label reading contact Stephanie Thurlow at:

Southland HEHA Programme

(03) 211 2150

stephanie.thurlow@sportsouthland.co.nz



Simple Label reading

10 : 10 : 6

Fat : Sugar : Fibre