



TIPS ON HOW TO REDUCE SALT INTAKE: USING FOODS HIGH IN SALT LESS OFTEN

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So we know that we need salt for the normal functioning of the body and that excessive intake can be harmful. You keep getting told to consume less of the foods that are high in salt. But what foods are high in salt?

FOODS THAT CONTAIN SALT

- Fresh food contains salt naturally, but this will always be less than processed foods.
- Processed food will almost always be used as part of our diets, but try not to use too much of these, and rather stick to fresh foods¹.
- Instead of using processed, readymade meals, try to make your food at home as this allows you to have full control over how much salt gets added to your food.
- Often-used condiments and powders that tend to be high in salt and should be avoided are¹:
 - Tomato sauce
 - Soya sauce (use small amounts of reduced salt option)
 - Pickles
 - Olives
 - Salad dressings
 - Gravy powders
 - Stock cubes
- Use lean meat or fish **instead** of highly processed meats like polony, sausages, vienna's and even South Africa's staple – boerewors.
- Instead of snacking on things like chips, rather have fruit and unsalted nuts on hand.
- When packing lunches for school or work, include lower salt alternatives like yoghurt, vegetable sticks and fruit¹.
- The image below, also obtained from the Salt Reference Manual by The Heart and Stroke Foundation South Africa provides a useful guide as to how to make better food choices¹:

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



CONCLUSION

Now that we know what foods contain salt, we can start cutting down on these!

WHERE DOES FUTURELIFE® FIT IN?

All FUTURELIFE® products meet the regulations for sodium content. Remember to watch portion sizes!

REFERENCES

1. http://saltwatch.co.za/wp-content/uploads/2014/09/HSF-Salt-Reference-Manual_for-website_14-10-2014.pdf