

## Salt - Sodium and Blood Pressure

### Why so salty, on sodium?

Statistics show that the average Australian's intake of sodium is nearly double the amount that is recommended to reduce the risk of cardiovascular disease.

If salt is consumed in **large** amounts it can have many negative health effects including:

- Increasing our blood pressure (hypertension)
- Promoting fluid retention (oedema)
- Associated with an increased risk of heart failure, kidney problems and kidney stones, stroke, stomach cancer and thickening of heart muscle

### Recommendation: Adults should consume no more than 1 teaspoon of salt a day (5gms/2000mg)

Salt enters our diet through us adding it to food and through food processing.

Examples of : FOODS HIGH IN SALT TO <b>LIMIT</b>		Examples of : FOODS LOW IN SALT TO <b>CHOOSE</b>
Take away and fast food	→	Home cooked no added salt meals
Processed and smoked meats	→	Grilled meats
Crisps	→	Unsalted popcorn, nuts or seeds
Flavoured crackers	→	Whole-grain plain crackers
Canned food with added salt	→	Fresh, frozen or salt reduced canned vegetables/legumes/lentils
Condiments and sauces	→	Herbs and spices for bases
Stock	→	Salt reduced options
Gravy	→	
Vegemite	→	Natural Nut butter

### Tips to take to Heart:

- ✓ Use fresh products as often as you can
- ✓ Give your taste buds time to change and cut added salt down gradually
- ✓ Limit take away and processed foods
- ✓ Use sauces and condiments sparingly
- ✓ Avoid adding salt at the table
- ✓ Add flavor to food with herbs and spices
- ✓ Choose reduced/no added salt products
- ✓ Ask for less added salt when eating out
- ✓ When **label reading** choose:  
**Low Salt: 120mg/100g or less**  
**Reduced Salt: 400mg/100g or less**



healthylivingNT

#### Darwin

Shop 1 & 2 Tiwi Place,  
Tiwi NT 0810  
PO Box 40113,  
Casuarina NT 0811  
Phone: 08 8927 8488  
Fax: 08 8927 8515  
E:

info@healthylivingnt.org.au

#### Alice Springs

Jock Nelson Centre,  
7/16 Hartley Street,  
Alice Springs NT 0870  
Phone: 08 8952 8000  
Fax: 08 8952 7000  
E: alicesprings@  
healthylivingnt.org.au

www.healthylivingnt.org.au

ABN 11 374 693 055

Healthy Living NT  
is the trading name of the  
Diabetes Association  
of the Northern Territory  
Incorporated.

Healthy Living NT  
is the registered NT  
licence holder for  
Life. Be in it.



Life. Be in it.™