



# Eating Less Salt & Salty Foods

## Why Avoid Salt (Sodium)?

It is best to avoid salt because it may increase blood pressure, and can make you thirsty and cause fluid to build up in the body. This can lead to heart disease, stroke and breathing problems. Fluid build up can occur in kidney, heart and liver disease. Limiting the amount of salt in your diet can reduce the amount of fluid build up in the body.

It may take some time for your taste buds to adjust to having less salt (~4 -6 weeks). But don't despair....

To help cut down the amount of salt you use, try the following ideas:

- Always try to eat fresh and unprocessed foods (e.g. meat, fruit and vegetables) as they are naturally low in salt.
- Use **“salt reduced”** or **“no added salt”** products when they are available e.g. salt-reduced margarine and no-added-salt tomato sauce.

For **low salt** (or low sodium) foods, look for a sodium content of **less than 120mg per 100g serve**.

NUTRITION INFORMATION		
Servings per package-10		
Serving size- 30g		
	Per serve	Per 100g
Energy	482 kJ	1607kJ
Protein	3.1g	10.3g
Fat	0.9g	2.9g
Carbohydrate		
-total	24.8g	82.8g
-sugars	4.5g	15.0g
Dietary fibre	2.2g	7.5g
Sodium	34mg	112mg
Potassium	126mg	420mg

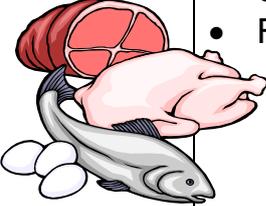
A product is considered to be low salt if it has less than 120mg of sodium per 100g of food.

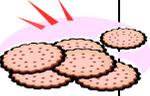
- Do not add salt or salty sauces to food at the table or in cooking.
- Use herbs, spices, pepper, chilli, curry powder, lemon, garlic, ginger or vinegar to flavour foods.

- **Takeaway foods** are generally high in salt. It is best to eat these foods no more than once per month.
- Choose foods that are lower in salt and avoid foods that are high in salt as outlined in the pages ahead.

### Choosing Lower salt foods:

CHOOSE Lower Salt Foods	AVOID High Salt Foods
<b>Breads and Cereals</b>	
<ul style="list-style-type: none"> <li>• Multigrain, wholemeal, rye, white bread and bread rolls</li> <li>• Country Life® Low Salt wholemeal bread (110mg sodium per 100g)</li> <li>• Packaged cereals with lowest sodium per 100g e.g. weetbix, sustain</li> <li>• Rolled oats, porridge</li> <li>• Natural or swiss muesli</li> <li>• Semolina</li> <li>• English muffins, crumpets, pikelets</li> <li>• Bagels- plain</li> <li>• Plain flour, cornflour</li> </ul> 	<ul style="list-style-type: none"> <li>• Breads containing olives, sun-dried tomatoes, pickles or chutney</li> <li>• Most cereals are high in salt e.g. rice bubbles and cornflakes</li> <li>• Biscuits with salty topping e.g. Shapes, pretzels</li> <li>• Bread with salty topping e.g.: garlic bread, cheese and bacon</li> <li>• Bagels sprinkles with salt</li> <li>• Commercial croissants, pastry</li> </ul>
<p style="text-align: center;">Aim to choose breads, muffins and scones that have the lowest amount of sodium in them per 100g</p>	
<b>Rice, pasta, noodles, potatoes</b>	
<p>Potato, sweet potato, taro, yams, cassava Rice Pasta Noodles Couscous Cracked wheat ( burghul)</p>	<p>Quick cooked/instant noodles Instant rice and pasta Instant couscous Instant mashed potato Potato chips with added salt or sauce</p>
<b>Fruit and Vegetables</b>	
<p>All fresh, canned and frozen fruit Dried fruit Fruit juices in moderation All fresh and frozen vegetables prepared without salt Canned vegetable labelled “no added salt” Canned tomato paste ‘ no added salt”</p>	<p>Canned vegetable without the label “no added salt” Sauerkraut Sun dried tomatoes Pickled vegetables Olives Gherkins</p> 

<b>CHOOSE Lower Salt Foods</b>	<b>AVOID High Salt Foods</b>
<b>Meat, poultry, seafood, eggs, legumes and nuts</b>	
<ul style="list-style-type: none"> <li>• Fresh or frozen beef, lamb, pork, poultry, fish cooked without added salt</li> <li>• Eggs cooked without salt</li> <li>• Canned fish in spring water or oil-choose the brand lowest in sodium per 100g</li> <li>• Tofu or bean curd cooked without salt</li> <li>• Dried or fresh legumes</li> <li>• Unsalted nuts</li> </ul> 	<ul style="list-style-type: none"> <li>• Smoked, cured, or canned meats such as bacon, ham, corned beef, smoked chicken, hot dogs, deli meats, frankfurts</li> <li>• Salted fish such as smoked fish, marinated herring, anchovies, flavours canned fish, fish in brine</li> <li>• Canned legumes</li> <li>• Salted nuts</li> <li>• Flavoured tofu</li> </ul>
<b>Milk and other dairy products</b>	
<ul style="list-style-type: none"> <li>• Milk, yoghurt, custard, ice cream, ricotta cheese (check label)</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese spreads and dips</li> <li>• Pre-prepared cheese sauce</li> <li>• Cheese: cheddar, brie, camembert, feta, parmesan, cream</li> </ul> 
<b>Fats and Oil</b>	
<p>All oils Salt reduced margarine and butter Cream Sour cream No added salt salad dressing Avocado</p>	<p>Most commercial salad dressing Dips Salted butter or margarine</p>
<b>Soups</b>	
<p>Homemade soup without added salt or stock cubes, and using allowed meats, vegetables, herbs and spices</p>	<p>Canned, packet soups Cup-a soups Bonox Miso Dashi Salty broth Salty soup base</p>

CHOOSE Lower Salt Foods	AVOID High Salt Foods
<b>Takeaway Foods</b>	
<ul style="list-style-type: none"> <li>• When ordering sandwiches, hot chips and other takeaway foods, ask that salt not be added</li> <li>• Sandwiches with low-salt fillings eg. roast beef, cooked chicken breast, egg</li> <li>• Ask for oil and vinegar to go with salads rather than commercial salad dressings</li> <li>• Choose boiled rice (rather than fried rice)</li> <li>• Grilled fish, seafood, meat or chicken without added salt</li> </ul>	<ul style="list-style-type: none"> <li>• Asian takeaways e.g. Chinese, Thai</li> <li>• Garlic bread</li> <li>• Hamburgers</li> <li>• Hot chips</li> <li>• Italian takeaways e.g. lasagne, pasta with sauces</li> <li>• Lebanese takeaways eg. falafel, kibbeh</li> <li>• Meat pie, sausage rolls</li> <li>• Pizza</li> <li>• Quiche</li> <li>• Salads with commercial salad dressings on them</li> <li>• Soups</li> </ul>   
<b>Snacks, biscuits and cakes</b>	
<ul style="list-style-type: none"> <li>• Boiled lollies</li> <li>• Carob</li> <li>• Chocolate</li> <li>• Honey</li> <li>• 'Jelly' lollies e.g. jelly beans,</li> <li>• Liquorice</li> <li>• Sugar</li> <li>• Wafer biscuits</li> <li>• Rice cakes</li> <li>• Unsalted popcorn and nuts</li> </ul>  	<ul style="list-style-type: none"> <li>• Caramels</li> <li>• Some chocolate bars</li> <li>• Most biscuits are high in salt</li> <li>• Salted nuts</li> <li>• Potato crisps, corn chips</li> <li>• Rice crackers, rice cakes</li> <li>• Salted popcorn</li> <li>• Pretzels</li> <li>• Commercial cakes, pastries and doughnuts</li> </ul> 
<b>Beverages</b>	<p>Aim to choose biscuits that have the lowest amount of sodium in them per 100g</p>
<p>Milkshakes Cocoa Tea/coffee Fruit juice Vegetables juice without added salt Tomato juice without added salt Soft drinks Cordial Soda or mineral water with less than 50mg sodium per 1 litre</p>	<p>Tomato or vegetable juices with added salt Sports drinks (check label)</p>

CHOOSE Lower Salt Foods	AVOID High Salt Foods
<b>Herbs, spices, sauces, spreads and flavourings</b>	
<ul style="list-style-type: none"> <li>• Herbs</li> <li>• Spices</li> <li>• Pepper</li> <li>• Vinegar</li> <li>• Lemon</li> <li>• Garlic</li> <li>• Ginger</li> <li>• Tomato paste made without salt</li> <li>• Tahini</li> <li>• Jam</li> <li>• Honey</li> <li>• Sugar</li> <li>• Marmalade</li> <li>• Tomato sauce with 'no-added-salt'</li> <li>• Tabasco sauce</li> <li>• Mint sauce</li> <li>• Dry mustard</li> <li>• Curry powder</li> <li>• No added salt peanut butter</li> </ul>   	<ul style="list-style-type: none"> <li>• Salt, rock salt, sea salt, flavoured salts (eg. celery salt, chicken salt, garlic salt)</li> <li>• Steak seasoning, lemon pepper, MSG</li> <li>• Salt substitutes e.g. 'No salt', 'Lite Salt'</li> <li>• Salted tomato paste</li> <li>• Pate</li> <li>• Pesto</li> <li>• Meat or fish paste</li> <li>• Peanut butter, Vegemite, marmite, promite</li> <li>• Soy sauce, tomato, Worcestershire, BBQ sauces,</li> <li>• Gravy powder</li> <li>• Asian-style sauces eg. fish sauce, oyster sauce, hoi sin sauce, teriyaki sauce, black bean sauce</li> <li>• Chutney, relish</li> <li>• Prepared mustard</li> <li>• Bottled pasta sauces</li> </ul>

***Things I can do to help eat less salt and salty foods:***

- 1.
- 2.
- 3.

**Dietitian:**

**Phone: 87386766**