



SALT IN EVERYDAY FOODS

Salt (sodium) is found in some of our favourite foods – so it's easy to eat more than 5g (2,000mg sodium) a day.

Because we eat large quantities of **bread**, it's a major source of salt in our diets. Choose wholemeal or wholegrain breads – they're generally lower in salt. Use the Nutrition Information Panel on the packaging to find the bread with the lowest sodium content per 100g.

Limit **processed meats** (ham, bacon, sausages, salami, kransky, cabanossi, twiggy sticks, luncheon), **smoked foods**, and foods in **brine** (salty water). They're generally very high in salt.

Tomato sauces, chutneys, marinades, instant noodles and soy sauces also pack a salt punch. Products vary a lot from brand to brand, so check the Nutrition Information Panel.

Fast food and takeaways are often full of salt. If you eat them just one day in the week, watch your salt intake for the rest of that week.

Use this checklist to help you pick lower-salt (sodium) options:

Bread	Less than 450mg sodium per 100g
Breakfast cereals	Less than 400mg sodium per 100g
Table spreads	Less than 400mg sodium per 100g
Crackers	Less than 350mg sodium per 100g

LOW SALT INTAKE



LOWER RISK OF HIGH BLOOD PRESSURE



REDUCED RISK OF STROKE AND OTHER HEALTH PROBLEMS

TIPS FOR REDUCING YOUR SALT INTAKE



Eat more vegetables and fruit.



Check the label before you buy.



Look for salt reduced products and compare the nutrition information panel particularly important for foods you eat often.



Cut back on fast food and other takeaways... avoid adding salt to chips.



For flavour use herbs, garlic, spices or pepper instead of salt in cooking and at the table.



SALT AND BLOOD PRESSURE

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EAT LOW SALT FOODS

Eating foods low in salt reduces the risk of high blood pressure and stroke. It also lowers the risk of heart diseases and other health problems.

Salt is sodium chloride. It's the sodium in salt that can be bad for your health.

WHAT TO LOOK FOR...

Around 75% of the salt we eat comes from processed and takeaway foods. So, while it's good to reduce salt at the table and in cooking, we also need to look out for the salt in foods we buy.

Fresh foods are generally lower in salt than processed foods.

FRESH FOODS INCLUDE:



fruit



vegetables



eggs



fish



unsalted
nuts



unprocessed
meat



milk

Buying packaged foods? Most of these have a Nutrition Information Panel that allows you to check the sodium levels.

Food is low in salt if it has **less than 120mg of sodium per 100g of food.**

HOW TO CHECK FOR SODIUM LEVELS IN PACKAGED FOODS

Below is a Nutrition Information Panel from a can of whole-kernel corn.

Servings per package: 3 Serving size: 80g

	Quantity per serving	Quantity per 100g
Energy	290kJ	60kJ
Protein	3.0g	3.7g
Fat, total	1.0g	1.2g
- saturated	0.1g	0.1g
Carbohydrate	10.5g	13.1g
- sugars	2.7g	3.4g
Dietary fibre	2.9g	3.6g
Sodium	95mg	115mg
Potassium	270mg	335mg

To check the amount of sodium:

- find the "Quantity per 100g" column (highlighted in green)
- find "Sodium" (highlighted in green)
- check the sodium figure in the "Quantity per 100g" column: it's 115mg (highlighted in green).

Use guidelines to choose lower-salt foods:

LOW-SALT FOODS

Less than 120mg sodium per 100g.

These are good choices.

MEDIUM-SALT FOODS

120 to 600mg sodium per 100g.

These foods are ok most of the time, but try to choose foods from the lower end of this range.

HIGH-SALT FOODS

More than 600mg sodium per 100g.

Limit these foods.

RECOMMENDED DAILY INTAKE

The Ministry of Health recommends adults eat less than 5g of salt (2,000 mg of sodium) a day to reduce the risk of high blood pressure and the risk of stroke. That equals about one teaspoon a day.

Many everyday foods (see over page) are not low-salt but we still like to eat them. If you choose to eat these foods, try to reduce your salt intake from other foods.

Think about how much of each food you eat. Even with lower-salt foods, the more you eat the more salt you'll be consuming.



If you can't find food that contains less than 120mg of sodium per 100g, compare the Nutrition Information Panels on different brands and choose the one with the lowest sodium.

Even a small difference helps you cut down on salt, especially if it's something you eat a lot.