



Salt (also known as Sodium) is associated with high blood pressure and increased sensation of thirst. This can cause fluid overload



1

According to the World Health Organisation (WHO) guidelines; intake should be limited to less than 2000mg of sodium or 5g of salt per day for an adult.



2

Sodium in Processed foods:


Tuna – 1 Tin in water = 400mg
 Pilchards – Small tin = 377mg
 Tomato sauce - 30ml = 155mg
 Baked beans – 1 tin = 1940mg
 Bacon – 2 rashers = 340mg
 Cheddar cheese – 30g = 211mg
 Corn flakes – 1 serving = 400mg



3

Sodium content in Take Aways:

McDonalds:


Big Mac = 930mg
 6 Chicken McNuggets = 540mg
 Medium fries = 270mg

Kentucky:

Breast = 1080mg
 Zinger burger = 1200mg
 Mash and Gravy = 540mg



Nandos:

 Breast = 680mg

Chicken Licken:

Breast = 719mg



Sodium content in Snacks:

1 small chips = 518mg
 1 small Nik Naks = 518mg
 1 Ouma Buttermilk rusk = 289mg

4



But

Natural salt in your diet comes from foods that might not even taste salty such as breads, meats and dairy products.

5

How to cut down on Salt.:

- Don't use salt in cooking.
- Don't add salt at the table (or even have a salt shaker on the table).
- Include more **low potassium** fresh fruits and vegetables in your diet.
- **Limit the following:**
 1. Fast foods
 2. Processed foods
 3. Salty snacks
- Read food labels and learn which brands have the highest sodium content (the higher up in the list of ingredients it is the higher the content)
- Use alternative flavors and spices such as lemon juice, vinegar, peppers, onion, and fresh herbs to season food.
- Avoid products like "Lo Salt" as they use potassium to provide the salty flavour.

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