SALT AND YOUR HEALTH

Too much salt leads to high blood pressure

Did you know high blood pressure can lead to heart attacks and strokes?

5g = Recommended daily limit

Where does salt in the South African diet come from?

- 5% Salt naturally in food
- 40% Salt added during cooking or at the table
- 55% Salt from processed food

GET YOUR BLOOD PRESSURE TESTED TO KNOW YOUR RISK — IT CAN SAVE YOUR LIFE!

High blood pressure often has no symptoms.

It is therefore very important to check your blood pressure regularly by your nearest clinic, doctor or pharmacy.
FICTION AND FACTS ON SALT

FICTION
Sea salt and rock salt is healthier than table salt.

FACT
Table salt, rock salt, sea salt, kosher salt and Himalayan salt are all equally high in salt.

FICTION
Never add salt to foods.

FACT
Add salt only after tasting food if you need more. If you use other salty ingredients in cooking, don’t add salt too.

FICTION
Less salty foods have no taste.

FACT
The natural flavour of food can be enhanced by herbs and spices such as garlic, ginger, coriander and chilli too!

3 SIMPLE WAYS TO USE LESS SALT

1
Choose less salty foods - look for the Heart Mark!
Cook at home with fresh ingredients.

2
Cook with less salt.
Use dry herbs, spices, garlic, lemon and chilli for flavour. If you use salty ingredients, don’t add salt too.

3
Do not add salt to prepared food.
Taste food before adding more salt and better yet, remove salt shaker from the table.

For more information contact the Heart and Stroke Foundation South Africa
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or visit www.heartfoundation.co.za