

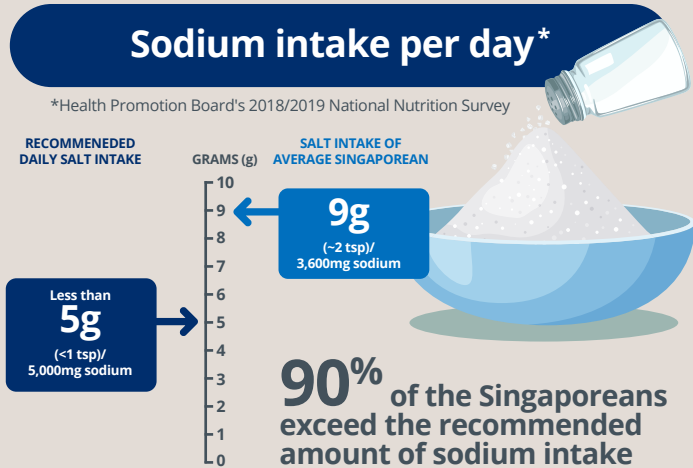
SODIUM AND HEART HEALTH

How much salt is too much salt?

IN CONSULTATION WITH PROF TAN HUAY CHEEM, SENIOR CONSULTANT, DEPARTMENT OF CARDIOLOGY, NATIONAL UNIVERSITY HEART CENTRE, SINGAPORE AND SINGAPORE PROFESSOR, DEPARTMENT OF MEDICINE, YONG LOO LIN SCHOOL OF MEDICINE, NATIONAL UNIVERSITY OF SINGAPORE

Sodium intake per day*

*Health Promotion Board's 2018/2019 National Nutrition Survey



Effects of Excess Sodium



High Blood Pressure



Heart Disease



Stroke



Kidney Disease



Heart Failure



Where does the excess salt in your diet come from?

- Fast Food
- Convenience Food
- Salty Snacks
- Processed meats

Salt where you can't see it

- WHITE:** Table salt, cottage cheese, ranch dressing, vegetable seasoning, cheeses
- BLACK:** Soy sauce, fish sauce, teriyaki sauce
- RED:** Ketchup, tomato juice or sauces
- YELLOW:** Mustard, seasonings, cheeses
- PINK:** Lunch or deli meat, ham, bacon, sausage
- GREEN:** Pickle, relish, olives
- BROWN:** Soups, gravies, sauces

Making smarter choices with your food

- 1 Choose items with "low sodium" or a "healthier choice" label when grocery shopping.



- 2 Use salt alternatives like lemon, herbs, vinegar, and spices when cooking to give a depth of flavour

- 3 Portion control
- 4 Eat fresh foods over processed food
- 5 Limit condiments