

# High blood pressure and salt

Keeping your blood pressure in a healthy range reduces your risk of stroke, heart disease and kidney disease. Eating less salt may help reduce high blood pressure.

## Tips to reduce your salt intake

Most of the salt in our diets comes from packaged foods. Salt is listed on food labels as sodium.

### When you shop and cook choose mostly fresh foods such as:

- ✓ Vegetables and fruit
- ✓ Lean protein like fish, egg, skinless chicken, trimmed meat and lentils and legumes
- ✓ Milk, yoghurt and calcium fortified milk alternatives
- ✓ Grain foods like oats, barley, quinoa, pasta and rice

### Put the salt shaker away

Avoid using salt in cooking and at the table. This includes all forms of salt, such as salt flakes, rock salt, sea salt, pink salt, garlic and onion salt.

### Allow your tastebuds time to adapt

It might take your taste buds 4-6 weeks to adapt to a lower salt diet.

### Add other flavours

If you need to add more flavour, use fresh or dried herbs, spices, pepper, garlic, ginger, lemon juice or vinegar instead of salt.



### Check the Nutrition Information Panel for sodium

Choose products with the lowest sodium.

#### Nutrition Information Panel

Serving size per package: 9

Serving size: 83.5g (2 slices)

	Quantity per serve	Quantity per 100g
Energy	91.8kJ	1100kJ
Protein	6.1g	7.3g
Fat	2.8g	3.3g
Carbohydrate	39.8g	47.7g
Dietary fibre	6.6g	7.9g
<b>Sodium</b>	230mg	<b>275mg</b>

- Aim for **less than 120mg** per 100g for low salt
- Aim for **less than 400mg** per 100g for moderate salt

### Choose no added salt or salt reduced products

If you can't read the Nutrition Information Panel, look for No Added Salt or Salt Reduced labels.



Salt substitutes such as Lite Salt still increase your total salt intake and **are not** recommended.

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## Swap high salt foods for lower salt options:


### Swap this:

### Into this:

#### Deli meat

- Sausage
  - Salami
- 
- ✓ Lean mince
  - ✓ Grilled chicken

#### Smoked foods

- Smoked salmon
  - Ham
- 
- ✓ Canned salmon in spring water
  - ✓ Turkey breast
  - ✓ Egg


#### Salted foods

- Olives
  - Most cheese
- 
- ✓ Cherry tomatoes
  - ✓ Ricotta cheese

#### Sauces and stock

- Soy sauce
  - Gravy
  - Cooking sauces
  - Stock powder
- 
- ✓ Salt reduced soy sauce
  - ✓ Salt reduced gravy
  - ✓ Canned tomatoes
  - ✓ No added salt stock

#### Snack foods

- Crackers
  - Crisps
  - Biscuits
- 
- ✓ Unsalted nuts
  - ✓ Air popped popcorn
  - ✓ Fresh fruit

#### Take away and restaurant meals

Especially meals with:

- Extra sauces
  - Extra seasoning
  - Cheese and deli meat
- 
- ✓ Vegetables
  - ✓ Herbs and spices

#### More meals prepared at home using extra:

- ✓ Vegetables
- ✓ Herbs and spices

## Other helpful lifestyle choices you can make to lower your blood pressure:



Achieve and maintain a healthy body weight and waistline



Participate in daily physical activity and reduce sitting time



Drink less than 2 standard alcoholic drinks in a day



Take medications recommended by your doctor



Get support to reduce or stop smoking



Eat foods that have potassium including 2 serves of fruit and 5 serves of vegetables each day.



If you have kidney disease, check with your doctor or dietitian before eating more foods that are high in potassium.