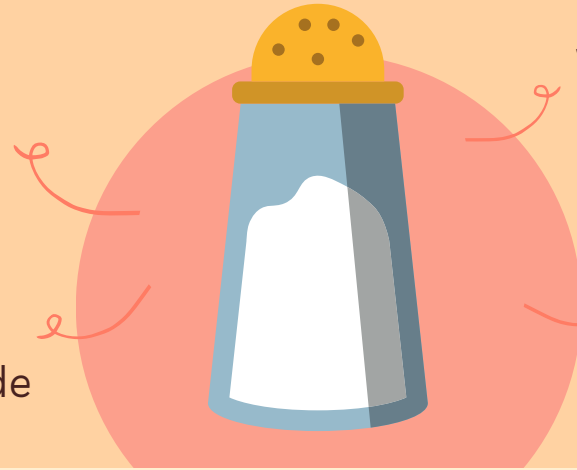


# GET TO KNOW THE SALTY STUFF!

## Salt = Sodium?

Salt and sodium are related but they are **not the same!**

Salt = Sodium Chloride



Sodium is a **mineral**.

Sodium is essential:

- Helps to maintain fluid levels.
- Supports nerve & muscle function.

The recommended **daily sodium limit is 2000mg!**\*

**Did You Know?**

**9 in 10 Singaporeans\*** exceeded the recommended daily sodium allowance.



\*Source: National Nutrition Survey, Health Promotion Board, 2018



Excessive sodium intake increases risk of **hypertension** and **stroke!**

## SOURCES OF SODIUM



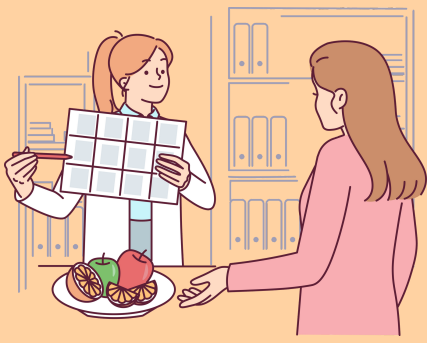
Fresh Food



Salt & Sauces



Processed & Preserved Food



# TIPS TO REDUCE SODIUM INTAKE

## GROCERY SHOPPING



- Choose **fresh** over processed food.
- Choose products with '**Lower in Sodium**' HCS.
- Choose noodles with lower sodium content (bee hoon, kway teow, etc.)

Did You Know?



Products with '**Lower in Sodium**' Healthier Choice Symbol (HCS) contains at least 25% less sodium than similar products without the symbol.








## HOME



- **Cut down salt & sauces** used in cooking.
- Use **herbs & spices**.
- **Do not overcook** food especially whilst stewing or boiling.



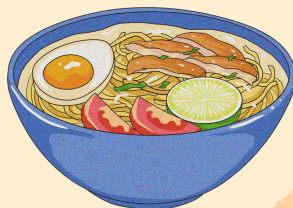
## SODIUM CONTENT OF SAUCES (PER TEASPOON)

Salt	<b>1960 mg</b>	
Stock Powder	<b>920 mg</b>	
MSG	<b>615 mg</b>	
Fish Sauce	<b>320 mg</b>	
Light Soy Sauce	<b>250 mg</b>	
Dark Soy Sauce	<b>200 mg</b>	
Oyster Sauce	<b>190 mg</b>	

## EATING OUT



- Choose **plain** over flavoured **rice**.
- Leave **soup, gravy & sauces** behind.
- Use **pepper** to season your food.
- **Limit salty toppings** (e.g. ikan bilis).



\*Source: Health Promotion Board, Singapore



Your Dietitian will guide you on how to flavour your food without excessive sodium!