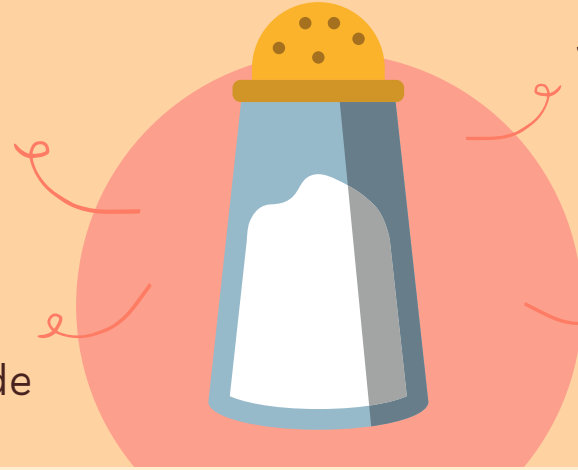


GET TO KNOW THE SALTY STUFF!

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, 2022



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

SOURCES OF SODIUM



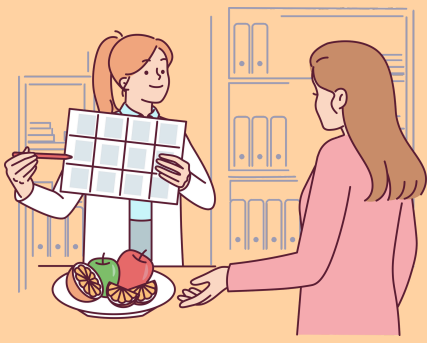
Fresh Food



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.



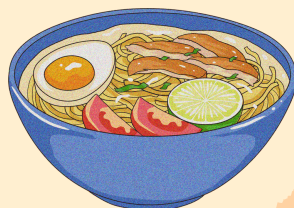
SODIUM CONTENT OF SAUCES (PER TEASPOON)

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



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!