BAKER
HEART & DIABETES INSTITUTE

NUTRITION FACT SHEET

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, 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.

Dietitian tip

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

Understanding food labels is essential for making healthier food choices:
baker.edu.au/health-hub/fact-sheets/label-reading

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Swap high salt foods for lower salt options:

SWAP THIS:	TO THIS:
DELI MEAT	
• Sausage	✓ Lean mince
• Salami	✓ Grilled chicken
SMOKED FOODS	
• Smoked salmon	✓ Canned salmon in spring water
• Ham	✓ Turkey breast
	✓ Egg
SALTED FOODS	
• Olives	✓ Cherry tomatoes
• Most cheese	✓ Ricotta cheese
SAUCES AND STOCK	
• Soy sauce	✓ Salt reduced soy sauce
• Gravy	✓ Salt reduced gravy
• Cooking sauces	✓ Canned tomatoes
• Stock powder	✓ No added salt stock
SNACK FOODS	
• Crackers	✓ Unsalted nuts
• Crisps	✓ Air popped popcorn
• Biscuits	✓ Fresh fruit
TAKE AWAY AND RESTAURANT MEALS	**MORE MEALS PREPARED AT HOME USING EXTRA:**
Especially meals with:	✓ Vegetables
• Extra sauces	✓ Herbs and spices
• Extra seasoning	
• Cheese and deli meat	

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.

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