

High blood pressure and salt

If you have high blood pressure, lowering your salt intake may reduce your blood pressure. Reducing high blood pressure is important to reduce your risk of stroke, heart disease and kidney disease.

The salt in your diet does not just come from salt shaker. 80% of the salt in our diets comes from packaged foods. Salt is listed on food labels as sodium.

Tips to reduce your salt intake

Eat mostly fresh foods, especially vegetables

- If you need to add more flavour, use fresh or dried herbs, spices, pepper, garlic, ginger, lemon juice or vinegar rather than salt



Read Nutrition Information Panels

- Check the Nutrition Information Panel for sodium on packaged foods
- Choose foods that are **low salt** or **reduced salt**

Low salt:	120mg/100g or less
Reduced salt:	400mg/100g or less

Nutrition information		
Serving size per package: 9		
Serving size: 83.5g (2 slices)		
	Quantity per serve	Quantity per 100g
Energy	91.8 kJ	1100 kJ
Protein	6.1 g	7.3 g
Fat	2.8 g	3.3 g
Carbohydrate	39.8 g	47.7 g
Dietary fibre	6.6 g	7.9 g
Sodium	230 mg	275 mg

Put the salt shaker away

- Avoid using salt in cooking and at the table. This includes all forms of salt (e.g. salt flakes, rock salt, sea salt, pink salt, garlic and onion salt etc.)

Note: Salt substitutes such as lite salt **are not** recommended as these still contain higher than recommended sodium.

Allow Your tastebuds time to adapt

- It may take up to 4–6 weeks to adapt to a lower sodium intake and appreciate the natural flavours of food

Limit processed foods including

- ✗ Preserved or cured foods (e.g. salami and sausages)
- ✗ Smoked products (e.g. smoked salmon, ham)
- ✗ Salted foods (e.g. olives, cheese)
- ✗ Fast foods (e.g. pizza, hamburgers, pies)
- ✗ Sauce and stocks (e.g. tomato sauce, soy sauce)
- ✗ Savoury breads, rolls, crackers and crisps









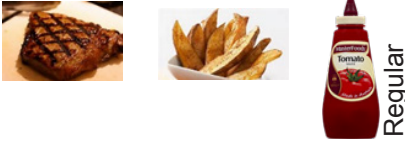





Choose no added salt or salt reduced products

e.g. reduced salt baked beans, stock and tomato sauce.



Choices to reduce your sodium

Meals	Higher sodium choice	SWAP	Lower sodium choice	Sodium reduced by:
Breakfast		→		210mg
Snack		→		710mg
Lunch		→		620mg
Snack		→		64mg
Dinner		→		810mg
Supper		→		234mg

Note: Recommended Sodium intake for Australian adults is 2000mg/day.

Additional information for managing high blood pressure

You can also help reduce your blood pressure by adopting a healthy lifestyle. Aim to:

- ✓ Achieve and maintain a healthy body weight and waist circumference
- ✓ Participate in daily physical activity and reduce sitting time
- ✓ Limit alcohol intake to no more than 2 standard drinks per day
- ✓ Take medications as prescribed by your doctor
- ✓ Be a non-smoker
- ✓ Include adequate potassium in your diet by eating:
 - 2 serves of fruit per day
 - 5+ serves of vegetables each day, especially leafy green and coloured varieties



Note: If you have renal (kidney) disease discuss any increase of potassium rich foods in your diet with your doctor and dietitian.