

Published in the public interest on the web at www.saltmatters.org

The **business address** of the Salt Skip Program is Queensland Hypertension Association
PO Box 193, Holland Park, QLD 4121, Fax (07) 3394 7815.

Use the **editorial address** when writing about the newsletter—see the panel on page 4.

Researchers sound warning bell over high salt levels in our daily bread

A slice of bread can contain more salt than a single serving packet of fancy sea salt chips, according to a study by the George Institute for Global Health.

Key Points:

- ✘ Single slice of highest bulk bread contained over 20 per cent of recommended daily maximum
- ✘ They found a huge amount of variability of salt between bread products
- ✘ Australians consuming on average nearly double recommended minimum daily intake

Researchers looked at more than 1,400 bread products from 2010 to 2017 and found some had a large amount of sodium.

"Rye bread, and potentially wraps, are actually some of the highest-salt products."

Lead researcher Ms Clare Farrand said a typical single slice of bread contained more than 20 per cent of the recommended daily maximum of salt.

"That was double the amount of salt [compared to] a single serving packet of Kettle sea salt chips," she said.

Ms Farrand said another concerning find was that some "healthy" breads were some of the worst offenders.

Products looked at by researchers included bread rolls, fruit bread, multigrain bread, other grain breads, rye bread, soy and linseed bread, white bread, wholemeal bread, bagels, crumpets and English muffins.

Ms Farrand said they also found there was a huge amount of variability of salt between bread products.

"You could actually be eating far more salt from one bread [product, when] compared to another," she said.

She said there were lower salt options available and suggested consumers get in the habit of checking the label before buying a product and choosing the lower salt option.

"It is often down to a taste preference," she said.

She said there were lower salt options available and suggested consumers get in the habit of checking the label before buying a product and choosing the lower salt option.

"It is often down to a taste preference," she said.

"Some breads contain more salt than others as a result of the amount of salt that the manufacturer is putting in."

Become a Salt Skipper

Researchers sound warning bell over high salt levels in our daily bread (Cont.)

Ms Farrand said their research showed bread could be produced with much less salt than was currently being used.

"We're all trying to reduce the amount of salt that we eat, because salt puts up our blood pressure," she said.

"And raised blood pressure is a major risk for strokes, heart attacks and heart disease — which is the number one killer worldwide.

"In Australia, like many countries around the world, we're eating far too much salt."

The study recommends a reduction of sodium in bread products.

Bread salt levels fell after targets were set

The study found that since 2010, salt levels in bread had dropped by about 10 per cent.

But Ms Farrand said while it proved that salt targets for breads did work, the number needed to fall further.

"The Government did set salt targets as to the amount of salt in bread, and manufacturers worked to achieve those targets.

"And we were able to see for breads which did actually have salt targets, about 81 per cent of bread products met those targets.

"However there are a lot of bread products on the market that don't have salt targets.

"What we really need is for all bread to have salt targets and all breads to reduce the amount of salt in them so that we can all enjoy the health benefits of eating less salt."

At Salt Skip News, we are always interested to hear from readers. Please send us your Salt Skip news, tips and salt-free or low sodium recipes...



The Heart Foundation's Roni Beauchamp said she was not surprised by the findings. She said on average most Australian adults were consuming between eight and ten grams of salt each day.

That is nearly double the recommended maximum daily intake of about five grams, "or about a teaspoon a day."

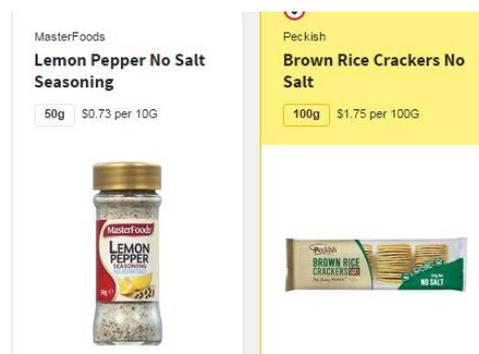
"And even in children, we've got children consuming probably about 30 per cent more than would be recommended, so it is a critical issue," she said.

Sources: ABC News, George Institute for Global Health, The Heart Foundation

Shortage low sodium Easter Eggs

A quick online Google search for "Easter egg no salt" led to a "hit" to a leading Australian supermarket, but bringing up a page with dairy products and no Easter eggs.

In the same leading supermarket's site search bar, on typing in "Easter egg no salt" the search revealed 2 only low sodium products stocked by that supermarket — lemon pepper and brown rice crackers. Will just have to make my own eggs this year!



List of lowest salt breads and flat breads

There are concerns many Australians are consuming risky levels of salt just by eating bread. Here's a list of sodium levels in breads and flat breads for anyone maintaining a low sodium diet.

Lowest Salt Breads:

1. Bill's Certified Organic 100% Wholemeal Sourdough, 40g/0.6g/100g, 0.2g per serve
2. Bill's Certified Organic Medium Rye Sourdough, 40g/0.6g/100g, 0.2g per serve
3. Bill's Certified Organic Ancient Grains + Activated Super Seeds Sourdough 40g, 0.6g/100g, 0.2g per serve
4. Bill's Organic Multigrain Sourdough, 40g, 0.6g/100g, 0.2g per serve
5. Bill's Certified Organic Activated 7 Seeds Multigrain Sourdough 40g, 0.6g/100g, 0.2g per serve

Lowest Salt Flat Breads:

1. Mission White Corn Tortillas, 26g, 0.1g/100g, 0.0g per serve
2. Old Time Bakery Wholesome Gluten Free Wraps, 62.5g, 0.1g/100g, 0.1g per serve
3. Vitastic Sorj Healthy Soft Wraps Rye, 38g, 0.3g/100g, 0.1g per serve
4. Vitastic Sorj Healthy Soft Wraps Wholemeal, 38g, 0.5g/100g, 0.2g per serve
5. MEB Pita Bread Wholemeal, 80g, 0.5g/100g, 0.4g per serve

Source: The George Institute of Public Health

Commentary: Salt Skippers will be aware that bread has levels of sodium higher than the recommended daily intake of 120mg. Best to make your own. However, Mission White Corn Tortilla, sold by Woollies, can be used for a variety of uses pizza bases, wraps and tortillas. Keep them in the refrigerator.

Consult www.findlowsaltfood.info

When in doubt or looking for the latest "finds" in low sodium products? Consult the [findlowsaltfood.info](http://www.findlowsaltfood.info) website and view the products salt skippers *can* eat and enjoy and keep within daily recommended guidelines.

It's always a challenge finding things you *can actually eat that are low in sodium*. If you are watching your daily intake then this website consistently provides a list of products for those avoiding sodium in their diet. Applause to Peter Chamberlain, who maintains the website and for his diligence in providing up-to-date information. Contact peter@findlowsaltfood.info to pass on any products you have found that are not listed on the website.



How did the Easter Bunny come about?

According to some sources, the Easter bunny first arrived in America in the 1700's with German immigrants who settled in Pennsylvania and transported their tradition of an egg-laying hare called "Osterhase" or "Oschter Haws." Their children made nests in which this creature could lay its coloured eggs.

Is Easter considered a pagan holiday?

It is said that eventually, Christianity came to an accommodation with the pagan Spring festival. Bunnies are a leftover from the pagan festival of Eostre, a great northern goddess whose symbol was a rabbit or hare. Exchange of eggs is an ancient custom, celebrated by many cultures.

Why do we have Easter eggs?

The custom of giving eggs at Easter celebrates new life.



Recipe... February's *Salt Skip News* provided a recipe with Has el Hanout as an ingredient. Unable to be found at the supermarket – Page 4 tells you how to make this handy seasoning.

SALT SKIP NEWS
No 204

April 2017

Page 4 of 4

Salt Skip Program
editorial address:
Malcolm Riley
5 Malcolm St, Flinders
Park SA 5025

Email:
Malcolm.Riley@csiro.au

Salt Skip News will
continue to be distributed
in hard copy in The BP
Monitor (QHA Newsletter)

**BP Monitor with Salt
Skip News** is published
every 2 months, from
February to December (6
issues a year) and printed
by Snap Printing, Felix
Street, Brisbane.



How to make Ras-el Hanout



Has el Hanout is a North African spice, it has a similar use as Garam Masala does in Indian cuisine. The name is Arabic for “head of the shop” (similar to the English expression “top shelf” and implies a mixture of the best spices the seller has to offer. It is used in many savoury dishes, can be rubbed on meat or fish or stirred into stews and rice dishes. The mix is generally associated with Morocco, although neighbouring North African countries use it as well. There is no definite composition of spices that makes up Ras el Hanout. Tradition says each shop, company or family make their own blend of a dozen spices.

Ingredients:

- 5 bay leaves
- 1 tablespoon each of black peppercorns, ground nutmeg, ground cloves, ground cinnamon and coriander seeds
- 1/2 teaspoon mace
- 1 teaspoon ground cardamom
- 1/2 teaspoon ground ginger
- 1 teaspoon ground cumin
- 1/2 teaspoon ground allspice
- 1/2 teaspoon turmeric
- 1/4 teaspoon cayenne pepper

Method: Place all the ingredients in a mortar and pestle or a spice grinder and process to combine. Can be store in an airtight container for up to 2 months. Enjoy the flavours and spices.

At Salt Skip News, we are always interested to hear from readers. Please send us your Salt Skip news, tips and salt-free or low sodium recipes...

BP Monitor with Salt Skip News is published every 2 months, from February to December (6 issues a year). This newsletter is not a substitute for health and medical advice. Readers should always seek the advice of a qualified health professional regarding their health or a medical condition.

Salt Skip Editorial Committee: Prof Michael Stowasser (Director, Hypertension Unit, University of Qld School of Medicine, Princess Alexandra Hospital, Brisbane), RN Cynthia Kogovsek (Hypertension Nurse, Hypertension Unit, Greenslopes Private Hospital, Brisbane), Prof Caryl Nowson (Nutrition & Ageing, Deakin University, Melbourne), Jane Brown (Home Economist, Salt Skip Program, Hobart), and Dr Jennifer Keogh (Dietitian, Australian Institute of Weight Control, Adelaide). Text drafted (edited where other authors are named) by Dr Malcolm Riley, Nutrition Epidemiologist, CSIRO. Printed by Snap Printing, Felix Street, Brisbane.