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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.

Newsflash: Salt Skipping gains momentum

In Australia: Community Salt Swap initiative launched in Lithgow



Lithgow is leading the way in achieving the new World Health Organisation target of a 30% reduction in population salt intake by 2025 with the August launch of “Salt Swap”.

Salt Swap is a community health campaign to reduce salt intake by “swapping” household table salt for Salt for Life (a new sea salt blend which offers 70% less sodium than table salt), and by reformulating locally produced processed foods.

Data collected through a population survey in Lithgow back in 2011 identified average adult salt intake to be 9 grams a day, which is twice the Australian suggested dietary target of 4 grams a day.

“Drop the Salt Lithgow” aims to reduce salt intake by 10%. Achieving this reduction would be a significant public health achievement, and has the potential to be scaled up to underpin national and international policy.

The Salt Swap is an innovative health initiative supported by The George Institute for Global Health, NSW Health, The University of Notre Dame Rural Clinical School Lithgow and Lithgow City Council, and Nu-Tek Australasia.

Mary-Anne Land of The George Institute said that the launch of Salt Swap Lithgow places the community at the forefront of achieving the global goal of reducing the burden of raised blood pressure, stroke and heart disease.

The Hunt For Low Salt Foods

Foods actually labelled “Low Salt” or similar are required to have a sodium level of 120mg/100g or less. Anyone monitoring their salt intake will know there are very few products available on our supermarket shelves that are actually low in salt.

Sydney man Peter Chamberlain has taken the initiative and built a website - www.findlowsaltfood.info to showcase information on foods low in salt. The web lists everything from breakfast cereals, to biscuits, condiments and pre-prepared dishes. Peter also keeps the Salt Matters subscribers list up to date and has a willing band of subscribers who send in information on new low salt products and where they are available e.g. Coles, Woolworths, Aldi as well as nutritional label changes, mistakes and warnings, products no longer available.

Hunt For Low Salt Foods cont.

To join the Salt Matters discussion group, subscribe at:

<http://ozdocit.org/cgi-bin/mailman/listinfo/saltmatters>

To find more than 50 low salt products readily available to consumers view: www.findlowsaltfood.info

Nutrition Australia: Why do we like salt if it is harmful?

The taste buds can be 'trained' to become accustomed to a wide range of salt levels in food. Historically, the populations of western nations developed a taste for salt over many centuries when salting was one of the few ways in which foods could be preserved. Because people in western nations became habituated to the taste of very salty foods, most people now prefer the salty taste, even though it is entirely unnatural for humans (or any other mammals) to maintain a diet that is high in salt. The unavoidable trade-off of salt preservation is that palates adapted to high concentrations of salt require salt as a condiment, due to the fact that unsalted foods seem tasteless to those who have developed a liking for a very salty taste. Extricating ourselves from the disastrous health consequences of this dilemma is a major public health challenge of the 21st century.



Why do virtually all professional chefs and caterers agree that salt is essential for good cuisine?

Because they—and most of their clientele—have salt-adapted palates. Low-salt foods may taste bland to most people now because the taste buds of most people have adjusted to a high-salt diet. However, taste buds are 'flexible' with respect to salt – they can adjust to both higher and lower salt intakes.

Nutrition Australia cont.

By gradually reducing salt intake over a period of several months, the palate will alter to the extent that normal processed foods (i.e. those with added salt) will start to taste 'too salty'.

What sort of food is low enough in salt to comply with the dietary guidelines?

Every fresh food—plant or animal—is low in salt, with rare exceptions (mainly some shellfish). Throughout hundreds of thousands of years of human evolution the diet of our ancestors consisted largely of fresh fruit, vegetables and nuts, together with lean fresh meat and/or fish (and no added salt). This 'natural' diet is believed by many nutritionists to be the most health-promoting diet of all.



The Australian dietary guideline for salt is simply to choose foods low in salt.



Processed foods are the big problem when trying to adhere to the salt guideline because most processed foods have salt added to them. Look for 'low-salt' or 'no added salt' on the label of processed products.

More information is available at the Nutrition Australia website:

<http://www.nutritionaustralia.org/national/frequently-asked-questions/salt-and-hypertension>

Global News

New tool launches to showcase latest research on dietary salt

The Science of Salt Weekly, an email newsletter that summarises the latest evidence and research related to dietary salt intake, has been launched to raise more awareness about the risks of eating too much salt.

The Science of Salt Weekly provides summary synopses of current research and evidence as a way to bring greater attention to the evidence supporting dietary sodium reduction. It is the first tool of its kind to ensure evidence related to dietary sodium is up to date and easily accessible.

Despite the large body of research and evidence supportive of sodium reduction, several studies have been published in recent years which challenge the benefits of reducing dietary sodium.

The Science of Salt Weekly puts such evidence in context of the broader research in this important health area.

In collaboration with The George Institute for Global Health, the newsletter is an initiative of the Heart and Stroke Foundation of Canada and the Canadian Institute for Health Research (HSFC/CIHR) Chair in Hypertension.

Funding for this initiative comes from the Canadian Stroke Network and the George Institute for Global Health.

Science of Salt Weekly has received formal support from the World Hypertension League, World Action on Salt and Health, the World Health Organisation Collaborating Centre on Population Salt Reduction and the PAHO/WHO Technical Advisory Group on Cardiovascular Disease Prevention through Dietary Sodium.

For more information, to view the newsletter archive and to sign-up for the newsletter visit www.hypertensiointalk.com/science-of-salt-weekly/

Christmas is coming

Looking for gift ideas?

Any one of these 3 cookbooks would make a very thoughtful and practical gift for Salt Skippers

The Dizzy Chef ~ Healthy Cooking The Mènière's Support Group of Victoria has produced this Australian low sodium cookbook containing 100 pages (A5 double spiral bound) with 16 full page colour photos of some of the recipes! You can order through the Mènière's Resource and Information Centre at a cost of \$19.95 + \$2 postage (Non members) For information contact info@menieres.org.au or phone 1300 368 818.

50 Easy Low Salt Recipes An A5 booklet of 34 pages. Gabrielle (who is a Home Economist) has developed no-added-salt recipes with interesting flavours. Her book has Australian recipes for meat, chicken, fish, vegetables, dips, soups, pizza, sauces and dressings, and biscuits and cakes. She has used all her recipes on a daily basis for her family and friends, so they are well tested. Price is \$12 + \$2 postage and handling. Payment of \$14 should be sent by cheque or money order (Note: Australia only), For enquiries contact Gabrielle by email at bbluett1@bigpond.com.

Iris's Low-salt Recipes An A4 booklet of 60 pages, covering main courses, desserts, soups, cakes and biscuits, sweets, and bread making. Low price of \$15 (postage included). (Note: Australia only). These are recipes that were developed by Iris for her friend Kath. Thanks to a grant from their local council plus volunteer help, the recipes have been produced in bound form for anyone who wants to prepare good Australian home-cooked foods with lots of flavour, but which are low in sodium. Email Kath Moody to place an order and arrange payment: kath_moody@hotmail.com or phone 02 9918 2502.

Wishing you 'Compliments of the Season' ~ Dr Malcolm Riley

Salt Skip Program
editorial address:
Malcolm Riley
17 One Tree Hill Rd
Ferry Creek VIC 3786

Email:
Malcolm.Riley@csiro.au

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

Fran's Christmas Pudding Recipe

Ingredients:

120g unsalted butter
½ cup of raw sugar
2 large eggs
1 ½ tablespoons rum
1 ½ cups plain flour
1 cup raisins
¾ cup sultanas
½ cup dates

Rind and juice of ½ orange
½ teaspoon of baking soda
8-12 glacé cherries
1 tablespoon mixed peel
1 ½ teaspoons mixed spice
½ teaspoon nutmeg
½ teaspoon cinnamon
Few drops Parisian Essence



Method:

1. Beat butter and sugar to a cream
2. Beat the eggs well and add gradually to mixture
3. Add the rind and juice of orange and the rum
4. Sift flour and soda into a bowl
5. Cut raisins in half, dates and cherries into small pieces
6. Add prepared fruit and spices to flour and mix well
7. Add gradually to creamed mixture and mix well
8. Darken mixture with Parisian Essence if desired
9. Pour into a greased pudding tin or basin leaving 5cm of space at the top
10. Cover with a lid or greased paper and steam for 3 hours, keeping the water level ½ to ¾ way the height of the tin
11. Steam for another hour on the day of serving. Stand for a few minutes before turning out
12. Serve with (low fat) cream or custard.

I've been making this Christmas Pudding for many years. I have even taken the pudding tin to the UK and made it for family over there. Our tradition is to taste the rum during the preparation - and one way to entice helpers to cut up the fruit! Happy Christmas. Fran W

BP Monitor with Salt Skip News is published every 2 months, from February to December (6 issues a year).

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.