

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

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Start The Day Right With A Nutritious Breakfast

A nutritious low sodium breakfast doesn't have to take a long time to prepare or eat.

Even if you don't feel hungry, skipping breakfast or only having a cup of coffee or tea can cause a dip in energy levels by mid-morning. A balanced breakfast contains protein, carbohydrate and colour. Rotating a few breakfast options can help keep your morning meal interesting and more enjoyable.

Try these quick and easy breakfast ideas:

- Choose high fibre, wholegrain low-salt cereals like oats or Kellogg's Just Right.
- Add colour and fibre to an omelette with vegetables
- Not only are no-added salt baked beans high in protein and fibre, they are a great way to get vegetables into your breakfast meal.



- Eggs are high in protein and will keep you feeling satisfied. Boiled eggs can be kept in the refrigerator for 2-3 days.
- Reduced fat yoghurt sprinkled with muesli and topped with fruit is a quick protein and calcium rich choice.
- Blend some oats or Just Right with reduced fat milk and fruit for a healthy liquid breakfast.
- Porridge made with reduced fat milk can be made in the microwave if short on time.

What does a balanced breakfast look like?

Protein + Carbohydrate + Colour

Start with a Protein

- Eggs
- Baked beans (no added salt)
- Reduced fat yoghurt or milk
- Lean meat



Add a Carbohydrate

- Home baked bread (no added salt)
- Home baked fruit toast (no added salt)
- Oats or cereal (low in sodium)
- Baked beans (no added salt)



Top it off with Colour

- Fruit
- Vegetables – tomatoes, spinach, mushrooms



The way forward: Online health assessments and facts

Victoria's Healthy Eating Advisory Service is about to introduce free and instant assessments of food and drinks supplied to patrons of long day care or retail outlets.

Cooks, managers, retail food outlet staff or support workers in day care or outlets, including health professionals, will be given access to the easy-to-use online tool in early 2017.

The new way of getting instant feedback on the foods and drinks supplied by day care and retail outlets will also supply tailored recommendations for healthy choices.

Assessments will be available anytime, anywhere on any internet-connected device.

The Healthy Eating Advisory Service aims to help organisations provide and promote healthier foods and drinks to improve the health of Victorians.

The Queensland Government's initiative Healthier. Happier asks Queenslanders to sort out fact from fiction and find out what you know, or don't know, and what you should know about staying healthy. The website www.healthier.qld.gov.au asks viewers to see how they compare with the rest of Queensland in nutrition, physical activity, weight and lifestyle. The website sorts fact from fiction and has videos to help people stay healthy and to make the right choices.



Don't forget to spin the Colour Recipe Wheel, we did for this month's Page 4 recipe.

Ten easy steps to a healthier salt intake



Many health-conscious people find the following steps straightforward and easy to follow:

1. Start the day with no-added salt porridge or low.
2. Snack on fruit, dried fruit and nuts (unsalted).
3. Remove processed foods from your shopping list and fresh foods, especially fruit and vegetables.
4. Dress salads with olive oil and balsamic vinegar without adding salt or salty dressings.
5. Remove salt shakers from the house, including salt in all its guises—sea salt, garlic salt, onion salt, and all the expensive gourmet salts of various colours.
6. If you need supplementary iodine, there are many other sources of iodine to help you meet your iodine requirements; these can be recommended by your pharmacist.
7. Cook food to conserve flavour using methods such as steaming, roasting, baking, stir-frying, microwaving or barbecuing.
8. If fresh vegetables, meat, poultry, eggs and fish need more flavour, use your favourite herbs, spices and vinegars to create the flavour you desire.
9. Read the Nutrition Information Panel on processed products and select only low-salt processed foods—that is, those with a sodium content no higher than 120 mg/100 g.
10. Ask a small baker or specialty bread shop to make you some bread without salt. Or make your own bread in a bread maker.

Snake's Venom Aids Research

One of the world's most beautiful and venomous snakes has a venom unlike that of any other snake, research involving University of Queensland scientists has revealed.

The School of Biological Science's Associate Professor Bryan Fry said venom from South-East Asia's long-glanded blue coral snake had been found to send a massive shock to the system, triggering full body spasms by causing all nerves to fire at once.

"This style of venomous predation is identical to that of a cone snail, and not like any other snake in the world," he said.

Ironically, the discovery could eventually lead to improved pain treatment for humans.

"These snakes are 'killer's killers'," Professor Fry said. "They specialise in preying on other venomous snakes, including young king cobras, so they play a 'hunt the most dangerous' game.

"With its combination of electric blue stripes and neon red head and tail, the blue coral snake is arguably one of the world's most striking species of snake.



"Their blazingly fast venom does not kill immediately. Instead, it turns on all the nerves of their fast-moving prey at one time, almost instantly resulting in a frozen state. They do this by preventing the nerves from turning off their sodium channels, keeping the nerve firing continuously."

Associate Professor Fry said the blue coral snake's venom was not just of evolutionary interest.

"This venom hits a particular type of sodium channel that is important for the treatment of pain in humans," he said.

"This is another in the long line of useful discoveries from venom that could benefit human health." Source: www.uq.edu.au

US News & World Report lists top diets for 2017

For its annual list, US News & World Report ranked 38 eating plans, considering different criteria including how easy the diet is to follow, its effects on weight loss (both short and long term), how nutritional and safe a diet is, and how well it helps prevent diabetes and heart disease.

The ranking drew on the expertise of a panel of dietitians and nutritionists.

For the seventh year in a row, the DASH diet was named the best. DASH stands for dietary approaches to stop hypertension. Hypertension, otherwise known as abnormally high blood pressure, is a common universal condition.

The diet relies on lowering sodium intake to no more than 2,300 milligrams a day, along with eating vegetables, fruits and whole grains.

In addition to being crowned the overall best diet, the DASH diet was also deemed the best for healthy eating, the best diet for people with diabetes, and one of the best heart-healthy diets in the US.

Comment: *Always seek the advice of a qualified medical professional before commencing any new diet or exercise regime. Your doctor or qualified health professional is best qualified to assess your health and dietary needs, particularly in relation to your own individual sodium intake requirements.*



"75 per cent of our salt intake comes from packaged and processed foods we eat every day, like bread, cereals, processed meats, cheese, sauces and spreads" Source: www.heartfoundation.org.au

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No 203

February 2017

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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.



Moroccan Baked Eggs



Ingredients

- ½ tablespoon olive oil
- ½ medium red onion, chopped finely
- 1 garlic clove, crushed
- ½ teaspoon Ras-el-Hanout (North African spices available in the Coles and Woolworths)
- Pinch ground cinnamon
- 1 punnet (250g) cherry tomatoes, chopped
- 2 eggs
- Freshly ground black pepper

Method

- Preheat oven to 200°C
- Brush oil on a non-stick fry pan, over medium heat add onion and garlic, cook until soft, about 5 minutes
- Stir in spices and cook for 1 minute
- Add the tomatoes, pepper and simmer gently for 8-10 minutes
- Scatter over half of the coriander and divide the tomato mixture into 2 small overproof dishes
- Break the egg into each dish
- Bake for 8-10 minutes until egg whites are set but the yolks are slightly runny (cook longer for harder yolk)
- Scatter over the remaining coriander and serve.

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.

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