

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.

Dietary Sodium: The Essential Facts

Salt is essential for life, however, Australians are consuming far too much. Salt is made up of sodium and chloride and it's the sodium in salt that can be bad for your health.

Eating too much sodium over time can increase your risk of high blood pressure which is a major risk factor for heart disease. For a healthy heart and body, it's important to not eat too much salt.

Salt and food

Salt is found in almost every food we eat, but the amount varies. Foods such as meat, vegetables and fruit have naturally occurring salt present in very small quantities. In food manufacturing, salt is used for flavouring and as a preservative.

“75 per cent of our salt intake comes from packaged and processed foods we eat every day, like bread, breakfast cereals, processed meats, cheese, sauces and spreads.”

One of the best ways to avoid salt is to ensure most of your diet is made up of fresh foods such as fruit, vegetables, whole grains, nuts, seeds, meat, fish



and poultry as these are naturally low in salt.

Discover ways to cut down on salt

Salt and sodium

The terms salt and sodium are often used interchangeably but they refer to different things, as sodium is one component of salt. It is the sodium that is labelled on nutrition information panels on packaged foods.

How to convert salt to sodium

Multiply the grams of salt by 0.4 to get the amount of sodium in grams. Then multiply by 1000 to get the sodium in milligrams. One gram of salt contains 400 milligrams of sodium.

**Salt grams x 0.4
= sodium in grams**

Dietary Sodium: The Essential Facts (cont.)

To reduce blood pressure and lower the risk of heart disease, the NHMRC suggest a daily sodium target of 1600mg per day, with an upper limit of 2300mg per day. That's under a teaspoon a day. This should be lower for children.

How much salt should I eat?

If you have high blood pressure, it is recommended to reduce your salt intake to 4g (1600mg sodium) per day. Talk with your doctor or health practitioner about what is right for you.

Salt and high blood pressure

A high dietary intake of salt may lead to high blood pressure. Reducing salt in your diet can reduce your blood pressure, however the extent to which it does depends on age, physical activity levels, weight and stress.

Salt and health

High salt intake impacts on the body and your health in many ways and is associated with conditions other than high blood pressure, such as:

- Heart failure/heart attack
- Kidney problems and kidney stones
- Oedema (fluid retention)
- Stroke
- Left ventricle hypertrophy (thickening of heart muscle)
- Osteoporosis

Source: <https://www.heartfoundation.org.au/healthy-eating/food-and-nutrition/salt>

A World First From CSIRO: The Total Wellbeing Diet

Developed by scientists at the CSIRO, The Total Wellbeing Diet is considered one of CSIRO's top 10 innovations in its 100-year history, right up there with Wi-Fi and Aerogard.

The diet has been extensively researched with results published in medical and nutrition journals internationally.

The Total Wellbeing Diet is a higher protein, low GI eating plan that is scientifically-formulated by Australia's national science agency, the CSIRO, for weight loss and overall health.

Scientifically formulated to satisfy

The higher protein diet helps to control hunger and prevent muscle loss during weight loss. Balanced with low GI carbohydrates, the diet not only keeps dieters feeling fuller for longer but also helps with long-term weight control.

Designed to fit your personality

Most weight loss programs focus only on nutrition or exercise, but the Total Wellbeing Diet takes behaviour and personality into account.

New in 2017, the 12 Week TWD Program is personalised to a dieter's Diet Type to help make healthy eating more sustainable. The Diet Type questionnaire takes less than 5 minutes to complete and provides dietary type, information about dietary traits and preferences. Find the Diet Type to suit you on the CSIRO website here: <https://my.totalwellbeingdiet.com/diet-type>

The Total Wellbeing Diet (cont.)

The Total Wellbeing Diet offers a 12 Week Online Program to make it easy for dieters to lose weight.

The program costs \$149 but carries a money-back guarantee and combines the CSIRO's scientifically-based healthy eating plan with easy online tools to keep weight loss on track.

Making it easy to lose weight

The 12 Week Program does all the hard work for dieters so that they don't have to think about what to eat! Each week dieters have access to:

- Simple, delicious meal plans suitable for all the family;
- Practical exercise plans you can do at home
- Reminders and tracking tools to keep dieters on track;
- Scientifically-formulated weight loss guides to keep dieters informed, and
- The most essential part - a caring community to keep dieters motivated.

You don't have to give up your favourites

Indulgences are not off the menu in the Total Wellbeing Diet. Dieters are permitted **1 daily Indulgence** such as a small portion of **chocolate, chips or wine**.

For maximum flexibility, dieters can save your Indulgences for special events or something fun on the weekend.

Scientific Fact:

Studies conducted by CSIRO have shown that higher protein diets are more effective for weight loss and weight maintenance both in the short and long term. It has been proven that a higher protein diet helps to reduce the risk of heart disease and diabetes by lowering triglyceride levels and reducing insulin and glucose levels.

Source: <https://www.totalwellbeingdiet.com>

What's In Your Shopping Trolley?

How pleasing to find a new supply of butter and a favourite all the way from Ireland and at Woolworths. Taste Ireland! **Kerrygold Unsalted Butter 11mg**



Coles Tomato and Basil Soup 43mg



Fancy a snack? Check the baby section for: **Organix Goodies Saucy Tomato Noughts and Crosses 10mg**



Salt Skipping Recipe...

Cooked too much stew or Spaghetti Bolognese and can't face it again for night #3? Our easy to prepare recipe (Page 4) solves that dilemma. Enjoy!

SALT SKIP NEWS
No 206

August 2017

Page 4 of 4

Salt Skip Program
editorial address:
Malcolm Riley
47 Coburg Rd, Alberton
SA 5014

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.



Easy Stuffed Capsicums



Here's an easy way to use up leftover spaghetti sauce, stews and rice and make a tasty meal for 2. Serve on a bed of greens.

Ingredients:

2 capsicums, halved and seeds removed (try to cut so that they will sit flatly on an oven dish. Leave the stalk, its edible too.)
3 – 4 tablespoons leftover cooked rice
3 – 4 tablespoons of low sodium spaghetti sauce or stew (not too runny)
1 dessert spoon low salt chutney or chilli sauce (Maleny Cuisine brand is low sodium and sold in Woolworths supermarkets)
¼ cup parsley or herbs, finely chopped
2 teaspoons of olive oil

Method: Pre heat oven to medium to high heat. Grease an oven-proof dish with some of the olive oil. Mix the rice and spaghetti sauce or stew together, add the chutney or chilli sauce for added flavour. Mix in the herbs. Stuff each half of the capsicums. Any leftover stuffing can be frozen for next time. Put onto greased tray and arrange. Sprinkle with olive oil. Cook for approximately 30 minutes or until cooked through and the aroma tells you it's time for dinner.

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 Queensland School of Medicine, Princess Alexandra Hospital, Brisbane), RN Cynthia Kogovsek (Hypertension Nurse, Hypertension Unit, Greenslopes Private Hospital, Brisbane), Genevieve James-Martin, Gemma Williams (Dietitians, CSIRO Health and Biosecurity, Adelaide) and Fran Williams, (QHA Committee Member, Brisbane). Text drafted (edited where other authors are named) by Dr Malcolm Riley, Nutrition Epidemiologist, CSIRO. Printed by Snap Printing, Felix Street, Brisbane.