

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.

The Results Are In: Salt and Other Nutrients in Children (SONIC) Study

Dietary intake and sources of sodium and potassium were examined in a cross-sectional study of Australian schoolchildren. Results of the October 2017 Salt and Other Nutrients in Children (SONIC) study, (published on the World Action on Salt and Health (WASH) website <http://www.worldactiononsalt.com/news/salt-news/2017/index.html>.) revealed the children were consuming about two times more sodium than potassium.

SONIC Objectives: To examine sodium and potassium urinary excretion by socioeconomic status (SES), discretionary salt use habits and dietary sources of sodium and potassium in a sample of Australian schoolchildren.

Setting: Primary schools located in Victoria, Australia.

Participants: 666 of 780 children aged 4–12 years who participated in the SONIC study returned a complete 24-hour urine collection.

Primary and secondary outcome measures: 24-hour urine collection for the measurement of sodium and potassium excretion and 24-hour dietary recall for the assessment of food sources. Parent and child reported use of discretionary salt. SES defined by parental highest level of education.

The Results: Participants were 9.3 years (95% CI 9.0 to 9.6) of age and 55% were boys. Mean urinary sodium and potassium excretion was 103 (95% CI 99 to 108) mmol/day (salt equivalent 6.1 g/day) and 47 (95% CI 45 to 49) mmol/day, respectively. 72% of children exceeded the age-specific upper level for sodium intake. After adjustment for age, sex and day of urine collection, children from a low socioeconomic background excreted 10.0 (95% CI 17.8 to 2.1) mmol/day more sodium than those of high socioeconomic background ($p=0.04$).

The major sources of sodium were bread (14.8%), mixed cereal-based dishes (9.9%) and processed meat (8.5%).

The major sources of potassium were dairy milk (11.5%), potatoes (7.1%) and fruit/vegetable juice (5.4%). Core foods provided 55.3% of dietary sodium and 75.5% of potassium while discretionary foods provided 44.7% and 24.5%, respectively.

Conclusions: For most children in the study, sodium intake exceeded dietary recommendations and there was some indication that children of lower socioeconomic background had the highest intakes.

SONIC Study Results: Conclusion (cont.)

Children in the study were consuming about two times more sodium than potassium.

To improve sodium and potassium intakes in schoolchildren, product reformulation of lower salt core foods combined with strategies that seek to reduce the consumption of discretionary foods are required.

Researchers: Carley A Grimes¹, Lynn J Riddell¹, Karen J Campbell¹, Kelsey Beckford¹, Janet R Baxter¹, Feng J He², Caryl A Nowson¹

Source: www.worldactiononsalt.com/news/saltnews/2017/index.htm

Wishing Salt Skip Readers A Very Happy New Year 2018

We'd like to take a moment to wish all our readers a "Happy, Healthy and Safe 2018".

And share a New Year hope....Wouldn't it be terrific if salt-skipping really took off in the community, our TV personality chefs and renowned foodies embraced and actually promoted salt-free and low sodium eating options and food products, restaurants made it trendy to "skip the salt", supermarkets stocked their shelves with a generous array of salt-free and low sodium choices and salt-skipping became the "new norm". Well, that's our SSN work for the year ahead then...

Happy New Year everyone!



Hidden Nasties in Party Snacks

It's the New Year parties that could be endangering your health — new research shows many of the crackers and dips you'll eat during the party season are saltier than seawater.

Health experts are warning Australians which ones to shun if they want to avoid a spike in blood pressure that could increase their risk of a heart attack, stroke and kidney disease.

The George Institute for Global Health, VicHealth and the Heart Foundation have analysed salt levels in 849 dips and 1285 crackers from Australia's four major food stores.

They found while the salt in crackers has fallen by 16 per cent in line with government targets, there has been a 14 per cent rise in the average saltiness of dips over the same period.

It's possible some cracker and dip combinations could see you consume your entire day's recommended salt intake in a single snack.

And the salt in these foods encourages you to both eat and drink more which could add to your waistline.

The saltiest dip, Fresh Fodder Taramasalata, contained 4.8g of salt per 100g — 1.5 times saltier than sea water, and almost 400 times saltier than the least salty dip.

If you overindulged in this dip and consumed half the pot you would exceed recommended salt intake for the day, if you ate the whole 200g pot you'd consume twice your recommended salt intake for the day.

George Institute researcher Clare Farrand who advises the Chief Scientist on salt reduction says Pacific Ocean sea water



Hidden Nasties in Party Snacks (cont.)

contains 1,400mg salt per 100millilitres and any dip that has more than 1,400 mg of sodium (3.5 grams of salt) per 100 grams is saltier than seawater.

The lowest salt dip, Pipel Avocado dip contained no salt, followed by The Olive Branch's tuna pate (0.05g /serve), and Fresh Fodder's Babaganoush and Yalla Tzatziki (both 0.13g/serve)

Olive based dips, on average, were the saltiest of all the dips, taramasalata and aioli were also high salt.

Some of the crackers tested had zero salt including unflavoured rice cakes from SunRice, Ceres Organics, Pure Harvest and Aldi's Damora brand.

But seven flavoured rice cakes and crackers were on the "top ten saltiest" list and Rosemary & Sea Salt Kurrajong Kitchen Lavosh Thins Original were the saltiest crackers, with 0.5g salt per 100 g serve.

The four saltiest crackers tested all contained more salt than seawater.

In 2009 the government set voluntary targets for the food industry to reduce salt in some products including crackers and since then the salt content has fallen by an average 16 per cent across all crackers.

However, that target -850mg sodium per 100g — is twice what the George Institute says is a healthy salt level 400mg per 100g.

There were no targets for salt reduction in dips and the salt content of these has risen by an average 14 per cent in the last three years, Ms Farrand says.

She says for the salt targets to have a real impact they need to be reset and lowered every two to three years to gradually train the nation's tastebuds to crave less salt but this hasn't happened.

Consumers who want an easy way to choose low salt options can use the George Institute's Foodswitch app that allows you to scan the barcode of food while shopping and offers you lower salt or healthier options.

Source: www.georgeinstitute.org.au

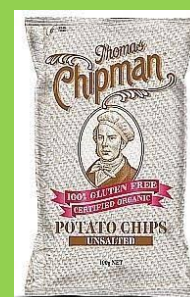
What's In Your Shopping Trolley?

To help meet your entertaining needs, rely on Coles to supply:

Maleny Cuisine Caramelised Onion Jam 11mg sodium



Thomas Chipman Unsalted Potato Chips 7mg



Combine the Onion Jam and Chips to make a handy dip for entertaining. For other low sodium products, readers can find a list of items at: www.findlowsaltfood.info or <http://users.tpg.com.au/pschamb/mls.html> www.findlowsaltfood.info

A New Year Wish.....

A new year is like a blank book, and the pen is in your hands. It is your chance to write a beautiful story for yourself.

Happy New Year 2018.

~ Author Unknown ~



SALT SKIP NEWS
No 208

December 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.



print design websites

Spicy Roast Vegetables



Liven up your roast vegies – veggies can be cooked in the same oven as any roast meat or poultry. Enjoy!

Ingredients:

400g sweet potato, roughly chopped
600g baby chat or kippfler potatoes, halved if large
500g parsnips and carrots, roughly chopped
2 tablespoons olive oil
1 teaspoon cumin seeds
2 teaspoons ground coriander
½ teaspoon ground cinnamon
1 teaspoon cracked black pepper
1/3 cup flat-leaf parsley leaves, roughly chopped
½ cup coriander leaves, roughly chopped

Method:

1. Preheat oven to 200°C. Line 2 baking trays with baking paper. Divide vegetables between trays, arranging them in a single layer on each tray. Drizzle vegies with olive oil, sprinkle with spices. Roast for 1 hour, or until veg are tender and golden.
2. Add parsley and coriander. Toss to combine and transfer to a serving plate.

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 Diamantina Institute, 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.