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Salt Skip News

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

High Salt Diet Could Also Be Bad For Brain Health

We already know too much salt can lead to stroke and heart disease. But could it also affect your mind?

Scientists found that a high salt diet caused cognitive impairments in mice, and it could be the same for humans.

Dr Costantino Iadecola, Director of the Feil Family Brain and Mind Research Institute at Weill Cornell Medicine in New York, said they fed mice eight to sixteen times their normal salt intake.

They then tested the mice using behavioural tests, and it did not take long for researchers to observe the effect of a high salt diet on mice.

Key Points:

- 1. High salt diet caused cognitive impairments in mice in just 3 months**
- 2. Causes immune changes in the gut resulting in an 'almost autoimmune effect on the brain**
- 3. Australians eat around double the recommended amount of salt each day**

"After about three months, the mice became demented," Dr Iadecola said.

"Mice are very curious and they like to look for new things, so over time the mouse lost the ability to identify a normal object.

When put in their cage and asked to find a

quiet spot, the mouse did not remember where the quiet spot was.

Then when the mouse was building a nest, which is something the mouse does daily, they were unable to do so," said Dr Iadecola.

The research, published in Nature Neuroscience, suggested humans would experience a similar response.

Studies have shown Australians eat around double the recommend amount of salt each day, most of it coming from processed food.

Dr Iadecola said the estimated two teaspoons of salt the average Australian eats each day could affect brain function over the long term.

However, the decline might not be as aggressive as they say in the mice, who were given extremely high levels of salt.

"But probably over years and perhaps decades – as opposed to a few months for the mouse – even lower levels of salt may have a devastating effect," Dr Iadecola added.

Source: www.abc.net.au

Help us to help you...

Put pen to paper and pressure the government and the food industry to reduce salt content in food overall.

The Humble Aussie Snag's Days Are Numbered

Next time you smell the sausages cooking at your DIY store fundraiser, think of this: Aussies are wolfing down 1.1 billion snags a year, containing 1500 tonnes of salt, putting their health at risk.



New research from The George Institute for Global Health, VicHealth and the Heart Foundation has revealed the humble snag in white bread with tomato sauce contains a whopping 2.35 grams of salt – nearly half of the recommended daily salt intake.

The report, released as part of World Salt Awareness Week (12-18 March 2018) analysed the salt content in more than 1000 of Australia's favourite processed meats like sausages, ham and bacon from Australia's four major supermarkets from 2010 to 2017.

It found on average one sausage contains more than 1/4 (28%) of the recommended maximum daily salt intake. While other salty offenders, such as bacon and sliced meats, had reduced their salt content over the years, there has been no change in the salt content in sausages.

The drop in salt in bacon and sliced meat products *proves* salt content can be reduced in sausages.

With the average Aussie eating 44 snags a year totalling 16 teaspoons of salt, The George Institute for Global Health, VicHealth and the Heart Foundation have called on manufacturers to reduce the salt content in sausages to benefit the health of the Australian population.

Source: WASH/ George Institute of Australia.

Strange But True...

A Salty Cure For A Deadly Frog Disease

It's been described by scientists as the "most devastating wildlife disease ever known" - a deadly fungus that has caused the mass global extinction of hundreds of frog species.

But researches at the University of Newcastle have discovered a simple solution in the form of salt.

The deadly disease, Chytridiomycosis is an infectious disease caused by the chytrid fungus and blamed for wiping out more than a third of the world's frog species.

It is a type of fungus that spreads infection by releasing small bodies known as "zoospores".

It gets into the skin of frogs, disrupting the flow of electrolytes and eventually gives them a heart attack.

University of Newcastle's Ecologist, Dr Simon Clulow said it was devastating the world's frog populations.



Chytrid fungus has devastated the green and golden bell frog.

"Hundreds of species have already been made extinct and hundreds more are at risk of extinction," Dr Clulow said. The disease is continuing to devastate populations of frogs in Australia, the Americas, Asia, Europe and Africa.

Become a Salt Skipper

A Salty Cure For A Deadly Frog Disease (Cont.)

A new hope for survival

Dr Clulow said his researchers focused their study on “one species we’re particularly fond of that occurs in our area that’s suffered huge, dramatic declines by 90% - the green and golden bell frog.

Chytrid fungus has devastated the frog’s numbers across Australia, but there is hope to repopulate the species. And the solution is a simple one.

“We use pool salt...it’s predominantly sodium chloride, which is your most common salt.”



“The study established that by elevating salt levels very slightly, we’re still talking fresh water that you could drink, we can block the disease and lower the transmission rate,” Dr Clulow said.

The discovery has led to staggering results.

“It had a 70% increased survival rate when translocated into habitats where small amounts of salt were added to the water,” he said.

Dr Clulow now plans to team up with scientists in Ecuador to further test the study.

Habitat is being constructed for a translocation program for the endangered Riobamba marsupial frog.

“This offers an ideal system to further test our salt strategy,” Dr Clulow said.

“If we can show that this works just as well on the other side of the globe, it should provide further proof that this strategy could help declining frogs everywhere,” he added.

Source: www.abc.net.au

What’s In Your Shopping Trolley?

Readers will be very pleased to find a line of soup and casserole stocks at Coles, they are so new, no photos or details are available on the internet it seems. Surprisingly, because **Campbell’s Grass Fed Beef Stock** has been co-created by celebrity Chef Manu Feildel. The beef stock has just 39gm of sodium and the good news is you can choose from vegetable, chicken, beef or fish stocks.

Salt Skip News readers can find a list of low sodium items at: www.findlowsaltfood.info or <http://users.tpg.com.au/pschamb/mls.html> www.findlowsaltfood.info

Anzac Day 28.04.18

From Australian War Museum WW1 archives:

There is no denying that the rations issued to the Anzacs provided very poor nutrition due to the unvarying diet of processed foods: canned meat (corned “bully” beef, bacon or Maconochie’s beef stew), hard tack biscuits and watery jam.

The diet was varied sometimes by sugar, condensed milk, rice and cocoa, but there was a distinct lack of fresh fruit or vegetables for the Anzacs.

These rations were intended to be lived on for only short periods of time by British army divisions, not for extended months as was the case at Gallipoli. Living on these rations caused major health problems for the soldiers.

The Turkish forces were provided with a wider variety of food. This was centrally prepared by cooks and consisted of fresh local foods, although it was often lacking in meat. French and Indian divisions had much better rations than the Anzacs, with more vegetables and bread.

Lest We Forget

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Prawns and Burnt Butter Spaghettoni



Ingredients: (Serves 4)

170g unsalted butter, chopped
170g A2 skim milk powder (Coles or Woolworths stock)
400g dried spaghettoni
600g small green prawns, peeled
1/4 cup dry vermouth or white wine
Finely grated zest and juice of 1/2 lemon
Dill sprigs and chopped roasted hazelnuts to serve

Method:

1. Preheat oven to 180°C.
2. Grease a baking tray and line with baking paper.
3. To make burnt butter crumbs, melt 70g butter, Toss with 150g milk powder on prepared tray. Bake, stirring once or twice, for 8 minutes or until golden.
4. Cook pasta in a pan of boiling water for 1 minute less than the packet instructions. Drain, reserving 1/4 cup of water.
5. Meanwhile, melt remaining 100g butter, add remainder of milk powder in a large frypan over high heat. Cook stirring for 2 minutes or until golden. Add prawns and cook, stirring occasionally for 2 minutes or until almost cooked. Transfer to a plate. Return pan to high heat, add vermouth or wine. Add pasta, prawns, lemon zest and juice and reserved pasta water and cook, tossing, until well combined. Serve immediately, with burnt butter crumbs, dill and nuts.

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... please email to Malcolm.Riley@csiro.au

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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