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The business address of the Salt Skip Program is Queensland Hypertension Association
PO Box 193, Holland Park, QLD 4121, phone (07) 3899 1659, FAX (07) 3394 7815.

Pan Salt reaches Australia

The launch of Pan Salt at the Salt Restaurant in Sydney on Wednesday 30 June received scant notice in the daily media, but it was well attended by journalists from various periodicals and magazines.

The news of a new salt substitute reached the Meniere's support groups even before the launch—they were so excited—which is sad because Pan Salt is still 56% sodium chloride (common salt) so vertigo would return in Meniere's patients who started cooking with Pan Salt or adding it at the table.

Pan Salt will have relevance to good salt control—with good urine results—if the food industry uses it in low salt foods. Foods with sodium up to 120 mg/100g could taste like foods with up to 200 mg/100g.

Home cooks who measure things with scrupulous accuracy—a rare breed—could make safe foods for vertigo by working on the same lines as the food industry, and this will be discussed in Salt Skip News No 137.

But of course Pan Salt would not help those people who no longer cook with salt or use it at the table—and they were slightly over 50% in a Hobart survey in 1995. It is 56% salt with 100% of the taste of salt, so it would cause a significant rise in salt intake and re-educate their palates to look for a full dose of added salt.

Professor Heikki Karppanen of Helsinki invented Pan Salt about two decades ago as a giant step towards

reducing Finland's high national rate of salt consumption [1].

In Australia (as in Finland) Pan Salt could **almost halve the salt content of processed foods with no effect on the taste.**

Its composition is:

- sodium chloride (salt) 56%
- potassium chloride 29%
- magnesium sulphate 12%
- lysine 2%
- anticaking agent 1%
- potassium iodide trace

The amount of potassium iodide is adjusted to deliver a dose of iodine to the specifications for each population consuming it.

Reference

1. Karppanen H. New oral salt in treatment of high blood pressure. *Magnesium* 1989;8:274–87.

Postage for iodine drops

Hobart Friendly Care Pharmacy has had to charge postage on the 0.4% potassium iodide drops that we announced in Salt Skip News No 135 (June 2005).

The price is now \$5.00 over the counter in Hobart and postage is from \$2.00 to \$3.00 depending on the postcode.

Email jsajnhfcp@netspace.net.au or ring John Sajn at (03) 6234 1553, FAX 6234 1669, or write to 103 Liverpool Street, Hobart, TAS 7000, Australia.

Replies to readers' comments on N/L 135

Iodine questions

Q. John Connolly of South Australia questioned the need for iodine drops as the Victorian government website says 'Iodine is found in seawater, so any type of seafood is a rich source, particularly seaweed (kelp). Since an adult only requires around one teaspoon of iodine over a lifetime, eating fish once a week is enough to fulfil the average iodine requirement'.

A. Seafood is no longer called a 'rich source' and iodine supplements are more reliable when they can be independent of personal shopping habits [1]. Two of the recent concerns about seafood are heavy metal contamination and cost. The only kelp tablets that were standardised for iodine content (Blackmores) have had to be replaced by potassium iodide tablets, but Blackmores have combined them with herbs and the combination retails in Hobart for \$14.25 for 84 tablets. Fish are also relatively expensive, although recommended for the health benefits of fish oils as well as iodine.

Q. Ian Mitchell of Queensland said the article omits the most important point—the daily iodine requirement—and how much to take in vitamin supplements or iodide drops.

A. *Salt Matters* has a whole chapter on how to get enough iodine. The daily dose still stands, and the short article in the June issue was written to update a few points where we can pass on some new information about iodine.

Two more low salt breads

Two low salt (actually NAS) breads made by Naturis have been sold wrapped in NSW since the 1980s, and Graham Henderson of the ACT thought they

should be mentioned, as NAS bread is not easy to get in Canberra. They are especially suitable for people with food intolerance to baker's yeast. They are:

Naturis Wholemeal Buckwheat

Ingredients: Organic stoneground wheatmeal, rye-leaven, whole buckwheat kernels, sunflower oil, water.

sodium 7 mg/100g

barcode 9 325239 000043

Naturis Organic NAS Wholemeal

Ingredients: Organic stoneground wheatmeal, rye-leaven, sunflower oil, water.

sodium 8 mg/100g

barcode 9 325239 000265

The advantage of barcodes

Rod Sanders, Manager of Coles Supermarket, Sandy Bay, Hobart, has given us a very good answer to finding 'the needle in the haystack'.

Take the **barcode** to the Customer Service Counter, and just ask:

- has this store got it?
- if so, which aisle is it in?
- if not, can you get it, and when?

The computer will give quick answers.

Correction on page 4

Peter Chamberlain of NSW points out that on page 4 the 1.5 litres of chicken soup would need 15 mL of calcium glutamate—not 1.5 mL as stated. The optimum dilution of calcium glutamate is 1% (one in a hundred) of course, not 0.1% (one in a thousand).

This has been corrected in the web version of Salt Skip News No 135. If you also receive a hard copy by mail please correct it.

Reference

1. Eastman CJ. Where has all our iodine gone? *Medical Journal of Australia* 1999;171:455–56.

Some wholesome NAS spreads



Unlike many salted competitors the Blue Cow Quark NAS cottage cheese has its sodium content down to 28 mg/100g. It is only 4.5% fat. In many dessert recipes it can replace clotted cream (36% fat) and it makes very good LS dips (page 4).

This brand is sold only in Victoria and Tasmania, both in Woolworths (Safeway) and Coles. **barcode:** 9 330142 000011.

Outside Victoria and Tasmania you are likely to find a similar low salt low fat cottage cheese. **If so, please tell us at the address on page 4**—and we can add it to the Low Salt Shopping Guide that we hope to announce in the next issue of Salt Skip News.

Peanut butter. Most of the health food shops that have a peanut butter grinding machine use NAS peanuts in the hopper.

Sanitarium sells four kinds of NAS peanut butter—normal (smooth or crunchy) and ‘Natural’ (smooth or crunchy). ‘Normal’ (91% peanuts ground with vegetable oil) is on the main shelves and slightly cheaper, but ‘vegetable oil’ may be a saturated fat. ‘Natural’ (labelled 100% peanuts) is found in the health food section. Without vegetable oil as a stabiliser its peanut oil separates in the jar, as with the unsalted peanut butter sold from the blender in health food shops. Just mix it in when using.

barcode: 9 300652 122671



Please report all slips like this

NUTRITION INFORMATION			
SERVINGS PER PACK: 4		SERVING SIZE: 85 g	
		AVE. QUANTITY PER SERVING	AVE. QUANTITY PER 100 g
ENERGY		756 kJ (181 Cal)	890 kJ (213 Cal)
PROTEIN		21.0 g	24.7 g
FAT	- TOTAL	10.6 g	12.5 g
	- SATURATED	4.8 g	5.6 g
CARBOHYDRATE	- TOTAL	0.9 g	1.1 g
	- SUGARS	0.9 g	1.1 g
SODIUM		85 mg	100 mg

Campbell's Contact

Corned beef means salt-preserved beef. Only a novice would check a corned beef label for sodium, but the Menzies Clinic in Hobart traced unsatisfactory urine results in a new patient to Fray Bentos corned beef (among other mistakes) with sodium shown as 100 mg/100g.

The label made no LS claim, and salt came second in the ingredient list: cooked beef (97%), **salt**, sugar, and preservative.

Arnotts Biscuits—the Australian agent for Campbell’s Soups—made an Australia-wide recall when their attention was drawn to the label, and in August the new labels will show a sodium content of 800 mg/100g.

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The academic
address of the Salt
Skip Program is

GPO Private Bag 23
Hobart, TAS 7001
Australia

PHONE:
61-3-6226-7708

FAX:
61-3-6226-7704

email
salt.matters@utas.edu.au

We are on the Web at
www.saltmatters.org

Salt Skip News will
continue to be distributed
in hard copy.

Your friends will like these dips

You can entertain with these dips

Your salt-eating friends will love the taste of the first two of these dips so much they will wonder why you can eat them too. Conversely many salt skippers like the much milder third dip and wonder why their salt-eating friends are eating so much of it too.

1. *Horseradish and beetroot*

Blend the whole of one jar of Newman's Red Label Horseradish Sauce (sodium 25 mg/100g, **barcode:** 9 311136 206923) with a drained 425g can of Farmland NAS beetroot (**barcode:** 9 300601 435814). Some blenders work better if the beetroot is chopped into smaller pieces first. Store the liquid from the can to add volume when making beetroot jelly with the contents of another can.

Local specialty grocers who stock Red Label Horseradish Sauce find it sells well. If you give them the full address from page 257 of *Salt Matters* they can order a small trial carton from South Australia.

2. *Mango chutney and cottage cheese*

The superb flavour of this dip needs Garnisha Mango Chutney (sodium 3 mg/100g) from Queensland. Ingredients: mangoes, sugar, vinegar, chilli, ginger, garlic, spices, lemon juice. **Barcode:** is 9 320475 006019 and the full address of Garnisha is on page 256 of *Salt Matters*.

Just blend with an equal volume of Blue Cow Quark Creamed Cottage Cheese (page 3 overleaf) or your local low-salt low-fat equivalent.

3. *Unhulled tahini and unsweetened yoghurt*

Blend equal parts of Mayvers unhulled tahini (crushed sesame seeds, sodium 23 mg/100g, **barcode:** 9 310885 115142) and any good plain unsweetened yoghurt (sodium about 70–90 mg/100g).

What to eat with a low salt dip

A simple answer is to use Matzos, the large unleavened NAS plain biscuits that are the easiest to find as a replacement for Sao biscuits. Some supermarkets import Matzos from Israel for the Passover, but others also sell an Australian brand (Snider's) all year round in the health food section in two varieties, plain and wholemeal. Next to Snider's Matzos you can often find Solomon's Matzo meal for making your own Matzos (it is also a useful alternative to NAS breadcrumbs). Matzos have a sodium content of 2 mg/100g, **barcodes:** plain Matzos 9 312166 000017, wholemeal 9 312166 000116, Matzo meal, fine 9 300753 000175, coarse 9 300753 00168.

Another answer—and a good use for stale bread—is to cut up sliced wholemeal NAS bread with a knife or biscuit cutter and re-bake for one hour in a very slow oven.

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Salt Skip Editorial Committee: Assoc Prof Michael Stowasser (Head, Hypertension Unit, University Dept. Medicine, Princess Alexandra Hospital, Brisbane), Assoc Prof Caryl Nowson (Nutrition & Dietetics, Deakin University), Clare Rawcliffe (Cardiology Dietitian, St Vincent's Hospital, Sydney), Assoc Prof Malcolm Riley (Nutrition & Dietetics, Dept. Medicine, Monash University, Melbourne), Jane Brown (Home Economist, Salt Skip Program, Hobart). Text drafted by Dr Trevor Beard (Senior Research Fellow, Menzies Research Institute, Hobart). Hard copy printed by SNAP Printing, Edward Street, Brisbane.