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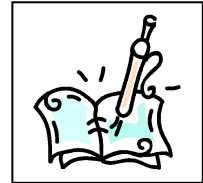
Salt Skip News

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Use the **academic address** when writing about **salt control**—see the panel on page 4.

From the Editor's desk



Welcome to the April edition of SSN. In this issue we have contributions from Professor Peter Clifton from CSIRO on how a high protein diet can help reduce blood pressure. Peter led the research behind the CSIRO Total Wellbeing Diet Book. His research interests are in obesity and its consequences in particular diabetes and heart disease.

There's been some more correspondence in the MJA. Dr Trevor Beard had a letter published on the 16th March which was in reply to my letter published in November. Trevor reminded doctors that the National Heart Foundation advises clinicians to recommend low and reduced salt foods as part of the management of hypertension. Trevor wrote that there are 3.7 million Australians who could benefit from increased availability of low salt and reduced salt foods. He also reminded doctors that patients with Meniere's disorder benefit from reducing sodium intake to <50 mmol/day. Let's hope the food industry take note and make more low salt foods available.

Salt in the News

AWASH was in the news again in February. As part of International Salt Awareness Week, they hosted an event in Sydney (page 3).

News from the American Heart Association

Dr Kirsten Bibbins-Domingo and colleagues, researchers from the US, say a small reduction in the amount of salt in the diet could have a huge public-health impact. The research conducted at the University of California, San Francisco calculated that cutting down salt intake by 1 g per day would prevent a quarter of a million new heart-disease cases and 200 000 deaths from any cause over a decade. These results came from a validated computer-simulation of heart disease among U.S. adults. Americans eat 9-12 grams of salt per day. This is similar to Australian data. "It's clear that we need to lower salt intake, but individuals find it hard to make substantial cuts because most salt comes from processed foods, not from the salt shaker," Bibbins-Domingo was reported as saying.

Bibbins-Domingo, Chertow G, Moran A et al. Population reductions in coronary heart disease associated with modest increases in salt intake: projections from the CHD policy model. AHA 49th Annual Conference on Cardiovascular Disease Epidemiology and Prevention; March 10-14, 2009; Palm Harbor, FL. Abstract P51.

Protein and blood pressure**Professor Peter Clifton**

CSIRO Human Nutrition

High protein foods are usually very low sodium and can be substituted for salt-enriched high carbohydrate foods to reduce salt intake. Separately from this high protein foods can have an independent effect on lowering blood pressure. Normally we get about 15-20% of energy from protein which usually means about 70-120g of protein/day. Meat is about 30% protein by weight. If we increase the amount of energy from protein by an absolute 5% (i.e. another 25-35g/d) we can lower our systolic blood pressure by 5 mm Hg-which is quite a big change. Increasing energy from starch itself probably has no effect on blood pressure (InterMap study) although the MRFIT study did show a direct positive relationship between starch and both systolic and diastolic blood pressure. These findings in relation to protein from clinical trials have also been

shown in large population studies where an increase of 37g/d of protein in the INTERSALT study lowers systolic blood pressure by 3mm and diastolic blood pressure by 2.5 mm. An increase in fibre of approximately 17 g/day will decrease systolic blood pressure by 1.15 mmHg and diastolic blood pressure by 1.65 mmHg, with soluble fibre showing a stronger effect than insoluble fibre. Protein and dietary fibre may have additive effects to lower blood pressure. It doesn't matter if the source of the protein is animal or vegetable although lean protein is recommended as saturated fat has been directly related to blood pressure in the MRFIT study while the ratio of polyunsaturated fat to saturated fat is inversely related to blood pressure.

Professor Peter Clifton is author of the CSIRO Total Wellbeing Diet Book. He is Affiliate Professor in the Departments of Medicine and Biomedical Science at Adelaide University and Research Leader in the Obesity Theme of the Preventative Health Flagship at CSIRO

Salt in the News

Salt and the City!

As part of **International Salt Awareness Week**, AWASH hosted an event on Thursday the 5th February in Sydney. *Salt and the City* was an interactive event which brought together around 100 delegates representing the food industry, health professionals, government and academic organisations to discuss the challenges and opportunities in taking salt out of foods in restaurant and catering establishments. There was a strong call for a government-led national salt reduction program along the same lines as that already implemented in the UK.

Tracey Monaghan, Director of Quality Assurance at McDonald's, spoke frankly about the complexities of reducing salt for food companies but said that McDonald's had already removed 50,000 tonnes of salt out of the Australian food supply and would continue to make further reductions where possible. The Australian Food and Grocery Council supported the need to reduce population salt intakes and highlighted work already done by its members.

AWASH released findings from its Fast

Food Report, revealing the sodium content of burgers and sandwiches from leading fast food retailers in Australia such as McDonald's, Subway, Oporto, Red Rooster, KFC and Hungry Jack's. The report showed that just one burger can contain up to 150% of the recommended daily amount of salt, with one chicken meal containing over 7g of salt! "There is an unacceptable level of salt in popular fast foods. Companies have responded well to government pressure to rid food of problem fats but salt levels remain very high. Urgent action is required to reduce salt in these foods," says AWASH Chair, Professor Bruce Neal. But it is not just so called fast foods that are the risk. Caitlin Reid, author of forthcoming book *Health and the City* highlighted the shocking salt levels in a range of lunch options. For example one a ham, cheese and tomato sandwich roll from a leading salad chain in Sydney contained over 5 grams of salt.

See the [Fast Food Key Findings document](#) on the AWASH site at <http://www.awash.org.au/> for further information.

**SALT SKIP NEWS
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Page 4 of 4

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Salt Skip News is on the
Web and downloadable at
www.saltmatters.org

Salt Skip News will
continue to be distributed
in hard copy in The BP
Monitor (QHA newsletter)

Cooks' Corner



This week's recipe is for

Fruit Bars

Ingredients:

1 cup pitted dates

1 cup water

½ cup sunflower kernels

½ cup sesame seeds

½ cup dried apples, chopped

1 teaspoon grated lemon rind

1 cup puffed wheat

Method:

Place dates and water in small saucepan, bring to boil. Reduce heat, simmer 5 minutes or until dates are soft.

Mash date mixture, pour into mixing bowl. Add remaining ingredients, mix to combine.

Press into 8 cm x 26 cm bar pan.

Refrigerate until firm.

Submitted by: Veronica

I found this recipe from <http://www.lowsaltrecipes.org/>

Which in turn took me to <http://lowsaltrecipes.org/wiki/tiki->

[index.php](http://lowsaltrecipes.org/wiki/tiki-index.php)

BP Monitor with Salt Skip News is published every 2 months, from February to December (6 issues a year).

Salt Skip Editorial Committee: Prof Michael Stowasser (Director, Hypertension Unit, University of Qld School of Medicine, Princess Alexandra Hospital, Brisbane), Sister Dianne Robson (Hypertension Nurse, Hypertension Unit, Greenslopes Private Hospital, Brisbane), Prof Caryl Nowson (Nutrition & Ageing, Deakin University, Melbourne), Clare Rawcliffe (Cardiology Dietitian, St Vincent's Hospital, Sydney), Dr Malcolm Riley (Nutrition manager, Dairy Australia), Jane Brown (Home Economist, Salt Skip Program, Hobart) and Dr Trevor Beard (Honorary Research Fellow, Menzies Research Institute, Hobart). Text drafted (edited where other authors are named) by Dr Jennifer Keogh PhD, Research Scientist, CSIRO Human Nutrition, Adelaide. Printed by Snap Printing, Edward Street, Brisbane.