

# A QUICK GUIDE to FINDING LOW SALT FOODS

## SALT MATTERS!

It causes or aggravates over 20 salt related health problems including:  
the rise of blood pressure with age, prehypertension, hypertension, premenstrual syndrome,  
asthma, diabetic retinopathy, osteoporosis and the severe vertigo of Meniere's disease  
Over 6 million Australians (half the adult population) have one or more salt related health issues

Following the **Australian Dietary Guidelines** is a quick way to help prevent and control salt related conditions.

1. Follow the salt guideline at all times - Choose foods **low in salt** (sodium not above 120 mg/100g)
2. Eat more **fresh foods**—they are low salt foods with rare exceptions (*Salt Matters* page 270)
3. Choose low salt **PROCESSED foods** (sodium not above 120 mg/100g).

*Salt Matters: the killer condiment* by Dr Trevor Beard is essential reading to understand the 'why and how' of managing a low salt diet and is available from the Meniere's Support Group Victoria or good book stores. Dr Beard has edited this shopping guide.

**Note:** The national Dietary Guidelines benefit all Australians, except a few with special medical needs. If you are pregnant, ill or taking prescription drugs, see your doctor and *Salt Matters* Appendix 1 (on skipping salt safely) before changing your diet.

### LOW SALT FRESH FOODS

These include the healthiest produce on the market, fresh fruit and vegetables, fresh meat, fish and poultry, unsalted nuts and milk. With vinegars, herbs and spices they can make delicious meals.

### LOW SALT PROCESSED FOODS

These are hard to find but will be easier when more customers ask for them!

Check the **Nutrition Information Panel** (NIP). Food labels must show these panels by law.

Look at the panel on the right:

- find the quantity per 100g column (circled)
- find the **sodium** (circled)
- check across and find 60 mg/100g
- this yoghurt is a low salt food, as the sodium is less than 120 mg/100g

	Quantity per serving	Quantity per 100 g
Energy	608 kJ	405 kJ
Protein	4.2 g	2.8 g
Fat, total	7.4 g	4.9 g
– saturated	4.5 g	3.0 g
Carbohydrate, total	18.6 g	12.4 g
– sugars	18.6 g	12.4 g
<b>Sodium</b>	90 mg	<b>60 mg</b>

### BREAKFAST CEREALS

Freedom Foods make cornflakes with 77mg/100g. Kelloggs make Just Right (30 mg/100g) & Sustain (97mg/100g). Sanitarium make Lite-Bix (20 mg/100g) & Weet-Bix Kids (110mg/100g). Ten examples of low salt cereals are shown on page 2.

### LUNCH AND MAIN MEALS

You can dine well on all the fresh meat, poultry, fish and vegetables that shops provide. Cook vegetables without salt by roasting, baking, barbecuing, stir-frying, microwaving, slow cooking or pressure-cooking. Vegetables are full of flavour without adding any salt when roasted with a joint or steamed. Boiling is not recommended as the flavour is boiled out!

### LOW SALT STOCK POWDER

Stock cubes are almost pure salt, but **low salt stock powders** are full of flavour. Low salt stock powders are available from health food shops or by mail order (see pages 3 & 4 for suppliers).