

# Sodium & Blood Pressure



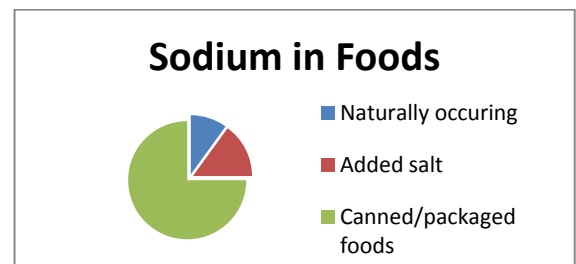
## What is Sodium and How is Sodium Related to Blood Pressure?

Salt is the common name for sodium chloride and is written on food labels as sodium. Having a high intake of sodium in your diet can lead to high blood pressure (hypertension) which can increase your risk of stroke, heart disease and kidney disease. Reducing your sodium intake can help you reduce your risk of developing these conditions. The Dietary Guidelines for all Australians suggest that we should *Choose Low-Salt Foods* and *Use Salt Sparingly*.

## What foods contain Sodium?

➤ Most of the sodium we consume comes from packaged and canned foods, takeaway and restaurant meals. While cutting back added salt in cooking and at the table is important, a reduction in foods high in salt is also required:

- Preserved or cured foods *e.g. Bacon, Sausage*
- Smoked products *e.g. Smoked Salmon, Ham*
- Canned foods *e.g. Baked Beans, Soup*
- Salted foods *e.g. Salted Nuts, Olives, Cheese*
- Fast food and Restaurant *e.g. Pizza, Hamburgers*
- Sauce and Stock *e.g. Soy Sauce, Gravy*



## How Much Sodium is required each day?

Our body only requires a small amount of sodium every day. Sodium intake in Australia is estimated at almost *double* the Heart Foundations recommendation of 1550mg (or less) per person per day for people at higher risk of cardiovascular disease.

## How Can I Reduce My Sodium Intake

➤ **Read Nutrition Information Tables:** Check the Nutrition Information Panel for sodium on packaged foods. Choose foods that are low salt or reduced salt.

Low Salt: 120mg / 100g or less  
Reduced Salt: 400mg / 100g or less

➤ **Put the Salt Shaker Away:** Reduce or stop adding extra salt to meals and snacks. This includes all forms of salt – e.g. rock and sea salt, salt flakes, pink salt, garlic and onion salt

**Note:** *Salt substitutes such as lite salt are not recommended as these still contain higher than recommended sodium levels.*

| NUTRITION INFORMATION          |                    |                   |
|--------------------------------|--------------------|-------------------|
| Serving Size Per Package: 9    |                    |                   |
| Serving Size: 83.5g (2 Slices) |                    |                   |
|                                | Quantity per Serve | Quantity per 100g |
| Energy                         | 91.8 kJ            | 1100 kJ           |
| Protein                        | 6.1 g              | 7.3 g             |
| Fat                            | 2.8 g              | 3.3 g             |
| Carbohydrate                   | 39.8 g             | 47.7 g            |
| Dietary Fibre                  | 6.6 g              | 7.9 g             |
| <b>Sodium</b>                  | 230 mg             | <b>275 mg</b>     |

➤ **Allow Your Tastebuds Time to Adapt:** It may take up to 4-6weeks to adapt to a lower sodium intake and appreciate the natural flavours of food.

## Higher and Lower Sodium Food Choices

Check the nutritional information table *per 100 grams* of the product to determine sodium content.

|  |  <b>Instead of...</b>  |  <b>Choose lower salt alternatives</b>  |
|--|---|--|
| <b>Fruit and Vegetables</b>                |      |      |
| <b>Breakfast cereals</b>                   |                                 |      |
| <b>Rice, Pasta and noodles</b>             |                                 |       |
| <b>Biscuits and Breads</b>                 |     |     |
| <b>Dairy</b>                               |      |      |
| <b>Meat Poultry and Fish</b>               |  <p>In oil/brine</p>    |   <p>In springwater</p>     |
| <b>Legumes and vegetarian alternatives</b> |      |      |
| <b>Seasonings Sauces and Spreads</b>       |                         |       |
| <b>Snacks</b>                              |      |      |
| <b>Pre-Prepared Food</b>                   |                         |       |

## Comparing High and Low Sodium Diets

| Meals            | Higher Sodium Choice  | Sodium                  | Lower Sodium Choice  | Sodium         |
|------------------|---|-------------------------|--|----------------|
| <b>Breakfast</b> | 1 cup corn flakes (milk)<br>1 crumpet   | 165mg<br>300mg          | 1/2 cup untoasted muesli (milk)<br>1 slice wholegrain bread  | 30mg<br>222mg  |
| <b>Snack</b>     | 2 Salada biscuits<br>2 cubes feta cheese  | 276mg<br>664mg          | 4 Vita-weat biscuits<br>2 tbsp cottage cheese  | 105mg<br>120mg |
| <b>Lunch</b>     | 1/2 packet macaroni cheese  | 640mg                   | 1.5 cup cooked pasta<br>½ cup Napoli sauce with herbs  | 100mg          |
| <b>Snack</b>     | 2 Scotch finger biscuits  | 181mg                   | 1 banana<br>1 tub low fat yoghurt  | 117mg          |
| <b>Dinner</b>    | 150g steak seasoned with salt<br>Potato Wedges with seasoning<br>and tomato sauce | 305mg<br>305mg<br>412mg | 150g steak seasoned with oregano<br>1 ½ cups fresh vegetables<br>1 baked jacket potato (no salt)<br>1 tbsp reduced salt tomato sauce | 212mg          |
| <b>Supper</b>    | ½ cup pretzel pieces  | 238mg                   | ¼ cup of unsalted nuts<br>1 apple  | 4mg            |
|                  | <b>Total</b>  | <b>3486mg</b>           | <b>Total</b>   | <b>910mg</b>   |

### Additional Information for Managing High Blood Pressure



In addition to reducing sodium intake, other changes to diet and lifestyle can help manage high blood pressure. These include:

- ✓ Achieving and maintaining a healthy body weight and waist circumference.
- ✓ Limiting your alcohol intake to 2 standard drinks or less per day.  
*Note: 1 Standard Drink = 100ml Wine or 30ml Spirits or 285ml Beer*
- ✓ Participating in regular physical activity. Adults aged 18-64 years are encouraged to:
  - Accumulate 150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity or 75 to 150 minutes (1 ¼ to 2 ½ hours) of vigorous intensity physical activity each week.
  - Do muscle strengthening activities on at least 2 days each week.
  - Reduce sitting time*Before starting an exercise program, discuss suitable options with your doctor*
- ✓ Including adequate potassium in your diet by eating:
  - 2 serves of fruit per day
  - 5+ serves of vegetables each day, especially leafy green and coloured varieties*Note: If you have renal impairment, discuss any increase of potassium rich foods with your doctor.*
- ✓ Avoiding cigarette smoke
- ✓ Taking medications as prescribed by your doctor