

Low Salt Diet

What is Sodium?

Table salt is made from 40% sodium and 60% chloride. Sodium is an essential mineral found in many common foods. It can be present naturally, added during cooking for flavour, or during manufacturing as a preservative. Sodium is important for cell function, blood pressure control, muscle contraction, and nerve transmission.

Eating too much sodium can increase your chances of getting high blood pressure, a leading cause of stroke, heart disease and kidney disease.



Where are the Main Sources of Sodium?



Natural Sources (5%)



Sauces & Seasonings (75%)



Processed & Preserved Food (20%)

Aim for no more than 2000 – 2400mg of sodium a day

That's about 1 teaspoon (5g) of salt!



According to the 2018 National Nutrition Survey, the average person in Singapore consumes 3,600mg of sodium each day. This is equal to about 9g or 2 teaspoons of salt. This was contributed mostly by seasonings, salt and sauces added during food preparation.



Salt intake reproduced from <https://www.healthhub.sg> with permission by Health Promotion Board, Singapore

Tips to Reduce Sodium Intake

1. Home Cooking

- Use salt, seasoning and sauces sparingly
- Use fresh herbs & spices to flavour food
- Use fresh vegetables instead of ready-to-use broth to cook soup



- Cook food that require simple preparation like broiled, baked or roasted meat or vegetables with no heavy sauces, breading or batter



2. Grocery Shopping

- Choose fresh produce over processed or preserved food items



- Choose food products labeled with the "No Added Sodium" or "Lower in Sodium" Healthier Choice Symbols



- Choose food products which do not list sodium as the first few ingredients or appear multiple times in the ingredient list

Sodium can be listed as salt, sea salt, vegetable salt, rock salt or compounds with sodium in its name.

INGREDIENTS

Leaf Mustard, Vegetarian Soy Sauce, Sugar, Salt, Monosodium Glutamate, Sodium Metabisulphite

- You may consider reduced-sodium salt substitutes. If you have kidney disease or take certain medications for high blood pressure or heart disease, ask your dietitian or doctor about using salt substitutes.



Do you know?

Himalayan, kosher, sea or rock salt have almost the same amount of sodium as table salt, which should be consumed in moderation.



3. Eating Out

- Leave soup behind & avoid excess gravy
- Avoid dipping sauces
- Choose plain rice over flavoured rice

	Where is the sodium?	How to reduce sodium intake
 <p>Fishball Noodle (Soup)</p>	<ul style="list-style-type: none"> • Fishball • Soup • Sauces 	<ul style="list-style-type: none"> • Leave soup behind • Avoid dipping soy sauce
 <p>Nasi Biryani</p>	<ul style="list-style-type: none"> • Gravy • Seasoning for rice and meat 	<ul style="list-style-type: none"> • Go easy on the gravy • Share this dish • Choose plain rice
 <p>Chicken Masala</p>	<ul style="list-style-type: none"> • Gravy • Seasoning for meat 	<ul style="list-style-type: none"> • Go easy on the gravy • Share this dish
 <p>Fast Food</p>	<ul style="list-style-type: none"> • Salt in fries • Processed meats • Sauces 	<ul style="list-style-type: none"> • Ask for unsalted fries • Limit fast food intake to once a week • Avoid dipping sauces

Contributed by Nutrition & Dietetics Service, Allied Health Services

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

Information shared is accurate as of December 2023 and subject to revision without prior notice.



Scan QR code to download e-brochure