

CONTENT DEVELOPED BY:

Gabriel Eksteen, Registered Dietitian, HSFSA

Professor Pamela Naidoo, CEO, HSFSA

Afzal Dhansay, Group Product Manager, Pharma Dynamics (Pty) Ltd

Copyright © Pharma Dynamics and The Heart and Stroke Foundation SA.

The contents of this booklet is intended for use by healthcare practitioners and patients and may not be reproduced or stored in a retrieval system, without prior consent from Pharma Dynamics.

DISCLAIMER: DO NOT CHANGE OR DISCONTINUE YOUR BLOOD PRESSURE MEDICATION WITHOUT CONSULTING YOUR HEALTHCARE PRACTITIONER.

Pharma Dynamics

The Heart and Stroke Foundation South Africa www.heartfoundation.co.za ☎ 021 422 1586





AND STROKE FOUNDATION SOUTH AFRICA

pharma dynamics

EFFECTIVE AFFORDABLE HEALTHCARE

foreword

The global prevalence of hypertension (high blood pressure) was estimated to be 1,13 billion in 2015, with a projected increase of 15-20 % by 2025. The prevalence of hypertension in South Africa is **35** %, and it is estimated that more than 90 % of patients are not adequately controlled.

There is a strong correlation between increased dietary sodium (salt) intake and elevated blood pressure. South African and International Hypertension Guidelines Committees recommend a reduced dietary sodium intake, together with a healthy diet and medication as part of the treatment protocol for hypertension.

Pharma Dynamics aspires to improve quality of life and as the leading supplier of cardiovascular medicines in South Africa, we are committed to providing healthcare practitioners and patients with the necessary wellness programmes to complement their treatment regimes.



We have previously partnered with the Heart and Stroke Foundation of South Africa (HSFSA) to bring you a series of four Cooking from the Heart recipe books. Pharma Dynamics and HSFSA have again partnered to bring you **Cooking from the Heart** *low salt*, in order to assist you in reducing your daily sodium intake.

Sodium is ubiquitous in our diets and it occurs naturally in foods, but is also added to processed food as salt, as flavour enhancers (MSG), and as preservatives. Controlling your daily sodium intake is therefore very challenging.

We trust that you will find the information in this salt chart booklet useful in making better food choices in order to control your blood pressure.



THE HEART AND STROKE FOUNDATION SOUTH AFRICA

Eating too much salt can contribute to the development of **high blood pressure** and worsen existing high blood pressure.



Reducing excess salt intake **improves blood pressure and lowers the risk** of heart disease, strokes and kidney disease.

The World Health
Organization recommends
eating no more than 5 grams
of salt per day, which is equal to
2000 mg sodium (Na) per day.
This includes the salt already
in foods, salt added during
cooking, and salt added
at the table.





It is easy to consume too much salt

as it is hidden in many foods, and over time people become accustomed to the taste of salty food. In a recent study, 28 % of 900 South Africans consumed more than 9 grams of salt per day.



Salt is added to

packaged and processed
foods for taste, texture and
preservation. Even foods
that don't taste salty can
be high in salt.

Salt is displayed as sodium on food package labels. Use the amount per 100 g to compare similar products or the amount per portion for the contribution towards the daily limit of 2000 mg.



When a food product label does not display a nutritional information table, look at the **ingredients list** to see if the product contains salt or another form of added sodium.

Eat less salt by making better food choices

Compare similar products or different brands to choose foods lower in sodium.

Use herbs, unsalted spices, garlic, ginger, lemon and vinegar to flavour foods.

Consume very salty foods like take-outs, soup powder, polony, sauces and salty spreads infrequently.

Taste food before adding salt and remove the salt shaker from the table.

SALT CHARTS DISCLAIMERS

- Sodium (Na) values indicated on the charts are based on one representative product per food type. Sodium content will differ by brand, variant or flavour. Check the sodium (Na) content on the nutritional panel of the product prior to purchase.
- Portion sizes are based on the Food and Drug Administration's (FDA) Reference Amounts Customarily Consumed (RACCs) or portion size indicated on the nutritional panel.

MAKING SENSE OF THE NUMBERS

The **chemical name** for salt is sodium chloride.

Salt consists of 40 % sodium and 60 % chloride.

1 teaspoon of salt weighs roughly 5 grams, and is equivalent to 2 grams (2 000 mg) sodium.

salt chart grains & bakes





salt chart savoury snacks





salt chart spreads & dips





salt chart dairy





salt chart herbs & spices





salt chart condiments





salt chart meat & proteins





salt chart meals









understanding food labels

Part of making good choices, is knowing what is in different food products. The habit of always reading food labels will benefit the whole family and is an important part of following a healthy lifestyle. Knowing what to look out for, is a good start.

Every food label looks a little different, but should contain certain important information to help you decide whether or not it is a healthy option. Understanding what this information means, will make reading labels so much easier.

Use this 2-step guide to understand the two important aspects of reading food labels: first the **nutrition information panel**, followed by the **list of ingredients** in the product.

Look for the Heart Mark logo. It makes choosing healthier food products easier when shopping.



step 1: read the nutrition information panel

The Nutrition Information Panel on a label is often divided into columns. One column shows the nutritional value per 100 g of food and the other column, the values per suggested serving size, indicated for that specific product. In an additional column, the nutritional elements are listed and should indicate the **energy, protein, fat, carbohydrates, sugar** and **sodium (salt)** in food. General guidelines for the ideal amount of each nutrient have been suggested on the next two pages.

TYPICAL NUTRITIONAL INFORMATION

Average	per 100 g	per 20 g serving 11 pack)
Energy	1550 kJ	310 kJ
Protein	11,9 g	2,4 g
Glycaemic carbohydrate	73 g	15 g
of which total sugar	2,5 g	0,5 g
Total fat	3,0 g	0,6 g
of which:		
saturated fat	0,7 g	0,1 g
trans fat	0,0 g	0,0 g
monounsaturated fat	0,5 g	0,1 g
polyunsaturated fat	1,8 g	0,4 g
Cholesterol	0 mg	0 mg
Dietary fibre*	3,3 g	0,7 g
Total sodium	662 mg	128 mg

SERVING SIZE

Note: The serving size on the label may not be the ideal portion size. Always look at the 'per 100 g' column to compare products

CARBS

Total or glycaemic amount and sugars Aim for less than 5 g per 100 g

Note: Ignore the grams of sugar on the Nutrition Information Table as it is included in the grams of total or glycaemic carbohydrates

FATS

Total

Aim for less than 10 g per 100 g
For milk and yoghurt aim for less than 2 g
per 100 g

Saturated

Aim for less than 3 g per 100 g or as low
as possible

Trans

Aim for less than 1 g per 100 g

Oils and margarines are high in fat
Choose poly- and monounsaturated varieties
and use sparingly

DIETARY FIBRE

Aim for 3 g or more per serving

SALT (Sodium)

Aim for less than 120 mg per 100 g (see table on page 13)

step 2: read the list of ingredients

The **list of ingredients** should be indicated in order of highest to lowest quantity in the specific food (see the examples below). The first three ingredients on the label make up the largest portion of the product. Be aware of either sugar, salt or **fat** as one of these first ingredients, as this may indicate that it's not such a healthy choice. Also take note that these ingredients are sometimes 'hidden' in products and listed under different names, which could be confusing.

> Remember that sugar, fat and salt can be names on a label.

listed under different

concentrated fruit iuice, corn syrup, dextrose, fructose, alucose, alucose syrup, golden syrup, maple syrup, honey, lactose, malt, malt extract, maltose, isomaltose, maltodextrin, molasses. sucrose, raw sugar, cane sugar, invert sugar. treacle

Sugar

Salt

baking soda, salt, MSG (monosodium glutamate), any word containing the term sodium, nitrates, nitrites

example 1 brown onion soup powder

INGREDIENTS: wheat flour (gluten), corn starch. salt, flavour enhancers (E508, E627, E631), sugar, dehydrated vegetables (carrot, leek), vegetable fat (palm fruit, TBHQ [E319], BHT [E321], hydrolysed vegetable protein (sova), colourant (E150a), thickener (E412), irradiated onion, irradiated herbs. anti-caking agent (E551), irradiated garlic, acidity regulator (E330), irradiated spices, flavourings

example 2 tin of chopped tomatoes

INGREDIENTS: tomatoes, tomato paste, citric acid, calcium chloride



animal fat, beef fat, butter, chocolate, carob. coconut oil, cream, dripping, ghee, hydrogenated oils. lard, margarine, milk solids. monoglycerides, palm oil. seeds, nuts, coconut. shortening, tallow, trans fats, vegetable fat



What's

inside?

APPROVED AS PART OF THE HEART AND STROKE FOUNDATION EATING PLAN

Use this practical table to know the **ideal** value of each nutrient in different foods Nutrient Per 100 g of food Saturated Sugar Fat Ęaţ Eat more often 8 <5a < 120 mg <3a < 1.5 a medium 3-20 a 1.5-5 a 5-15 a 120-600 mg high Avoid > 20 a >5a > 15 a > 600 mg

- < stands for less than
- > stands for more than

The Heart and Stroke Foundation South Africa

implemented a healthy foods endorsement programme called the Heart Mark programme, about 25 years ago. The Heart Mark logo on the food labels indicates that it is a product low in salt, saturated fat, trans fat and sugar and high in fibre. Heart Mark products can contribute to reducing and controlling lifestyle diseases, like high blood pressure, bad cholesterol, heart diseases and strokes. Keep in mind that no product should be eaten in excessive portions or too frequently, even if it carries the Heart Mark.

COOKING from the heart

Recipe Books

Heart healthy recipes low in kilojoules (kJ), total fat, saturated fat, salt, sugar and cholesterol.



www.facebook.com/ CookingFromTheHeartSA



Sign up for **weekly recipes** from our ambassador, **Ginger**

www.cookingfromtheheart.co.za

Also visit www.ichange4health.co.za

for guidance on healthy eating, quitting smoking, moderate exercise and reduced alcohol intake.

Ichange4health is a joint initiative with the Chronic Disease Initiative for Africa (CDIA)







