

WHAT IS **SALT** ?

Salt is the name commonly used for sodium chloride. It is made up of 40% sodium and 60% chloride.

DO WE NEED SALT ?

YES, the sodium in salt plays an important role in controlling the fluid balance in our bodies. It is also needed to ensure that our muscles and nerves work properly and to help us maintain normal blood pressure.

However, too much sodium in the diet may contribute towards high blood pressure in some susceptible individuals.

HOW MUCH DO WE NEED ?

Although some sodium is essential to our health, we need very little of it. Everyone needs some salt but most people do not actually need more than 3 gm (1/2 teaspoon) per day.

However, most of us eat much more salt than we need. More than half the salt we eat is from processed foods. Less than a quarter is added during cooking and the balance naturally found in food.

TIPS TO CUT DOWN ON SALT

- Minimise the use of salt in cooking and high salt seasoning.
- Flavour your food with lemon juice, herbs, spices or mustard **INSTEAD** of salt.
- Cut down on salty snack foods like crisps and salted nuts.

Examples are:-

Flavouring agents

- sauces eg. soya sauce, oyster sauce, tomato and chilli sauce

Enhancers

- monosodium glutamate

Dressing

- salad cream



- Cut down on salted fish and meat.
- Use less canned and packed foods.
- **BEWARE** of high sodium foods.

Processed food

- tinned food
- salted crisps/nuts
- packed soup



Preserved food

- salted fish/eggs
- belacan
- preserved fruit and vegetables



READ FOOD LABELS FOR SALT CONTENT BEFORE BUYING

NOTE : Name of salt commonly found in food labels include baking powder, baking soda, monosodium glutamate, sodium benzoate and sodium nitrite.



MASKHA SDN BHD

HEALTHY EATING

REDUCE SALT AND SUGAR



THE BASIC FACTS

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WHAT IS SUGAR ?

Most of us think of sugar as the white or brown varieties which we buy in shops. But sugar also includes raw sugar, honey, corn-syrup and molasses. They are also known as glucose, sucrose, dextrose, lactose, fructose and maltose. Sugars are simple carbohydrate and supply almost pure calories but few nutrients.

WHERE IS THE SUGAR?

What comes naturally

Sugar are found naturally in some foods, for example in fruit, starchy vegetables, milk and milk products.

What's added

Sugar are added to foods during processing and preparation in the home. Examples are soft drinks, sweetened beverages and many traditional cakes.



SUGAR AND YOUR HEALTH

The body makes its own sugar from the foods we get and we do not actually need extra sugar at all. So, for your health, it is best to watch the amount of sugar you take.

There are two main problems with taking too much sugar. Firstly, it promotes obesity. Obesity is known to be associated with an increased risk of diabetes and heart disease. Secondly, it promotes tooth decay. Everytime you have a drink or eat any food containing sugar, the bacteria naturally present on your teeth use sugar to form acid, which causes tooth decay (dental caries)

TIPS TO CUT DOWN ON SUGAR

FOOD

- Try to cut out sweet foods in between meals.
- For snacks choose fresh fruit, vegetables and foods which are low in sugar.
- **LIMIT** your intake of cakes, biscuits and sweet traditional cakes.
- Choose tinned fruit in natural juice rather than in syrup. Avoid cereals with added sugar.

DRINKS

- Try not to have sweetened drinks in between meals.
- Try drinking coffee or tea with less or no sugar. You might find it easier to cut down a little at a time. You may use artificial sweeteners but this is not necessary.
- When buying soft drinks, choose low calorie ones or unsweetened fruit juices.



DAIRY MILK CHOCOLATE

INGREDIENTS : SUGAR, MILK, NUTS, COCOA BUTTER, COCOA MASS, SOYA LECITHIN AND VANILLIN.



READ THE INGREDIENT LABEL TO GET AN IDEA OF THE SUGAR CONTENT IN A PRODUCT

NOTE : Names of sugar commonly found in food labels include sugar, sucrose, glucose, fructose, lactose, dextrose, maltose, honey, corn-syrup and molasses.

