



EatSmart Tips for Students under the New Normal Series

Less Salt for Better Health



Excessive intake of salt will lead to hypertension and increase the risks of cardiovascular disease and stroke.



Hypertension



Cardiovascular disease



Stroke

Major sources of sodium

- Condiments and sauces that contain sodium e.g. MSG, soy sauce, oyster sauce and bouillon cubes
- Canned food with added salt or containing sodium (e.g. luncheon meat) and processed food (e.g. bacon, sausage and ham)
- Siu-mei or lo-mei (e.g. barbecued pork, soy sauce chicken and marinated chicken wing) and preserved vegetables (e.g. preserved mustard greens and preserved mustard)

Primary school students aged 7 to 10 are recommended to take less than 1,500 mg[^] of sodium a day (about half a teaspoon of salt)

[^]Data source: *Dietary Reference Intakes for Chinese (2013 edition)*, Chinese Nutrition Society



Primary school students should not take more than 500 mg of sodium per meal (based on 3 main meals a day), which is approximately equivalent to one of the following:



- Sodium is naturally present in many ingredients such as meat, fish and eggs. Since these naturally present sodium counts towards the sodium intake per meal, the actual amount of seasonings used should be even less.
- When multiple seasonings are used, the amount for each seasoning used should be reduced.

Note: 1 teaspoon ≈ 5 g or ml

Tips to reduce salt intake



Dos:

- Choose dishes prepared with fresh fruit and vegetables, natural spices or herbs
e.g. tomato, onion, apple, pineapple, spring onion, garlic and ginger
- Choose dishes with less sauce
e.g. steamed or boiled dishes
- Read nutrition labels and ingredient lists
Choose food items that are "low-sodium"^{**} or contain less sodium

^{**}i.e. no more than 120 mg of sodium per 100 g or ml



Don'ts:

- Choose processed or preserved food items and "high-sodium"[#] snacks
e.g. ham, barbecued pork, beef balls, salted egg, preserved mustard greens, canned soup, instant noodles, jerky, potato chips and savoury biscuits
[#]i.e. more than 600 mg of sodium per 100 g or ml
- Choose food items prepared with high-sodium seasonings and ready-made sauces
e.g. marinated egg, beef satay, water spinach with fermented bean curd
- Mix food items with sauce or add extra high-sodium seasonings
e.g. soy sauce, oyster sauce and ketchup
- Choose soup with high sodium content or made with MSG

