

# Less Salt for Better Health Have a Healthy School Lunch!



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:

	<b>Salt</b> 0.2 teaspoon		<b>Soy sauce</b> 1.5 teaspoons		<b>Oyster sauce</b> 2 teaspoons		<b>Ketchup</b> 9 teaspoons
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- 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