



Excessive intake of salt (sodium) will lead to hypertension and increase the risks of cardiovascular diseases and stroke.



Hypertension



Cardiovascular diseases

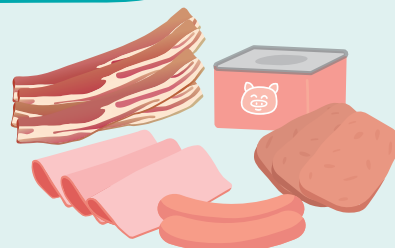


Stroke

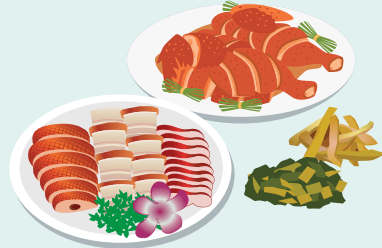
Major sources of sodium



Condiments and sauces (e.g. soy sauce, oyster sauce)



Canned foods with added salt or high in sodium and processed food (e.g. luncheon meat, ham)



Siu mei, lo mei and preserved vegetables (e.g. barbecued pork, preserved mustard)

How to reduce sodium intake in daily diet ?

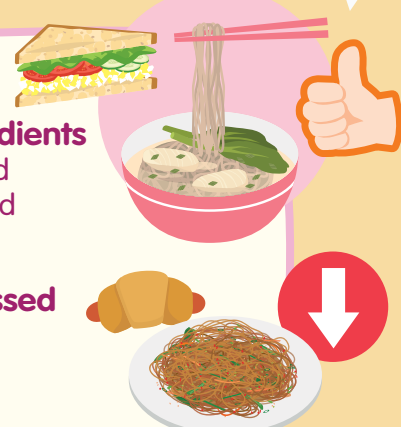
Dietary principles

- Maintain a "3 Low 1 High" diet
- Base on natural ingredients
- Use fewer high-sodium ingredients and sauces



Breakfast

- **Make breakfast with natural ingredients** (e.g. tomato and egg wholemeal bread sandwich, soba noodle soup with sliced meat and seasonal vegetables)
- **Reduce the consumption of processed or preserved foods, or seasonings high in sodium** (e.g. sausage bun, stir-fried noodles in soy sauce)



Snacks

- **Avoid high-sodium snacks** (e.g. potato chips)
- **Choose natural and fresh foods as snacks** (e.g. boiled egg, cherry tomato, apple)
- **Beverage choices:** water, low-fat or skimmed milk, low-sugar or unsweetened calcium-fortified soy milk
- **Read the nutrition labels and ingredient lists:** Choose "low-sodium" * foods or those containing less sodium

* i.e. no more than 120 mg sodium per 100 g or ml



Lunch and dinner

- **Ingredient choices:** Prepare dishes with fresh fruit and vegetables and natural spices (e.g. tomato, ginger, spring onion, garlic) more often; use fewer processed or preserved foods (e.g. sausage, salted egg)
- **When making dishes or soups:** Use less salt and avoid using seasonings high in sodium (e.g. chicken powder)
- **When eating out:** Choose fewer dishes with sauces high in sodium (e.g. fermented black soybean sauce); choose dishes with less sauce more often
- **Avoid mixing rice or noodles with sauce, or adding extra high-sodium seasonings**



A reminder:

Students, no matter bringing their own lunch or ordering meal boxes, should bear in mind the above "less salt" eating tips!

- The school, the parents and the lunch supplier all play a crucial role in helping children develop healthy eating habits at a young age. Let's create an environment conducive to healthy eating with less salt both at home and at school for your children!

