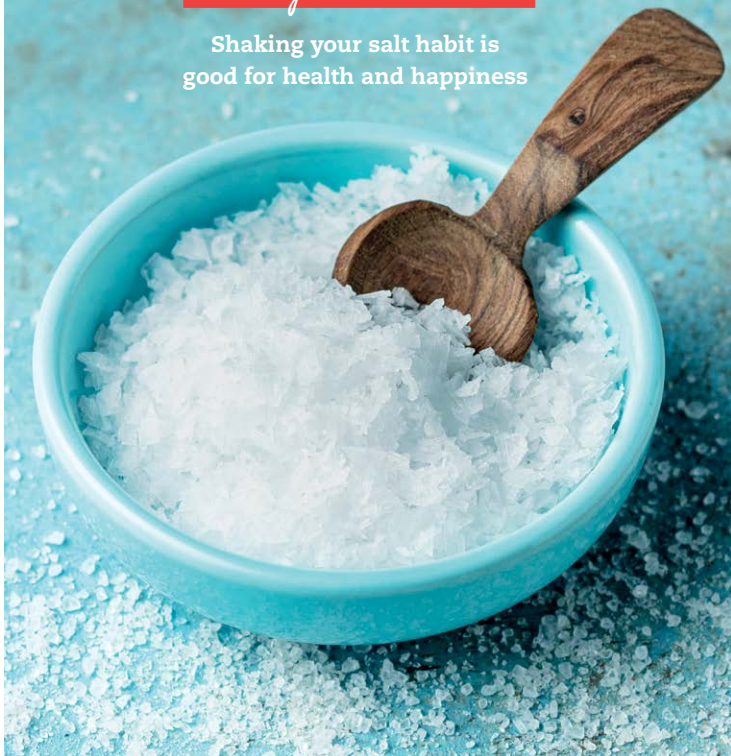


# salt

*and your health*

Shaking your salt habit is  
good for health and happiness



# Why is too much salt bad for your health?

**EATING TOO MUCH SALT CAN LEAD TO HIGH BLOOD PRESSURE OR HYPERTENSION**

IN SOUTH AFRICA, 1 IN 3 PEOPLE 15 YEARS OR OLDER HAVE HIGH BLOOD PRESSURE.



EXPERTS ADVISE THAT WE EAT NO MORE THAN 5g (1 TEASPOON) OF SALT PER DAY.

**5g**  
=  


**HIGH BLOOD PRESSURE CAN CAUSE A HEART ATTACK OR A STROKE**



DID YOU KNOW... HIGH BLOOD PRESSURE IS THE LEADING RISK FACTOR FOR HEART ATTACKS AND STROKE IN SA?

RESPONSIBLE FOR 1 IN 2 (50%) STROKES



AND 2 IN 5 (42%) HEART ATTACKS.



**MEASURE YOUR BLOOD PRESSURE TODAY**

HIGH BLOOD PRESSURE HAS NO SYMPTOMS, MAKING IT VERY IMPORTANT TO GET YOUR BLOOD PRESSURE CHECKED REGULARLY.

**50%**

MORE THAN 50% OF PEOPLE WITH HIGH BLOOD PRESSURE ARE UNAWARE THEY HAVE IT.

**HEALTH TIP**  
Avoid adding salt to food, season with herbs instead

Source: Heart and Stroke Foundation South Africa

## Cut back on sodium, not food

Pick n Pay's health brand, Livewell, is committed to giving you the tools to make the right choice, an easy and affordable one. Look out for the low sodium sticker on our products to know where we've cut back on salt.

**LIVEWELL**

LOW SODIUM

**POWER MOVE** Make sure you include plenty of fruit, vegetables, wholegrains and legumes in your diet. You need to manage more than just your salt intake if you want to lower your blood pressure

# Less salt doesn't mean less flavour

Most people think less salt means your food will be bland and flavourless, but flavour can come from a variety of different herbs, juices and fresh ingredients that don't contain salt. Try these healthy food swaps that will boost flavour and good health.

## 1. It's dry, but you should try it

Mushrooms, tomatoes, chillies, chives and onions deliver more intense flavour when dried.

## 2. Go for garlic and ginger

Add a dash of finely grated garlic and ginger for seasoning meat, chicken, fish and vegetables.

## 3. Herby helpers

Stock up on parsley, sage, rosemary, thyme, oregano, basil, fennel, and many other herbs as they lessen the need for salt.

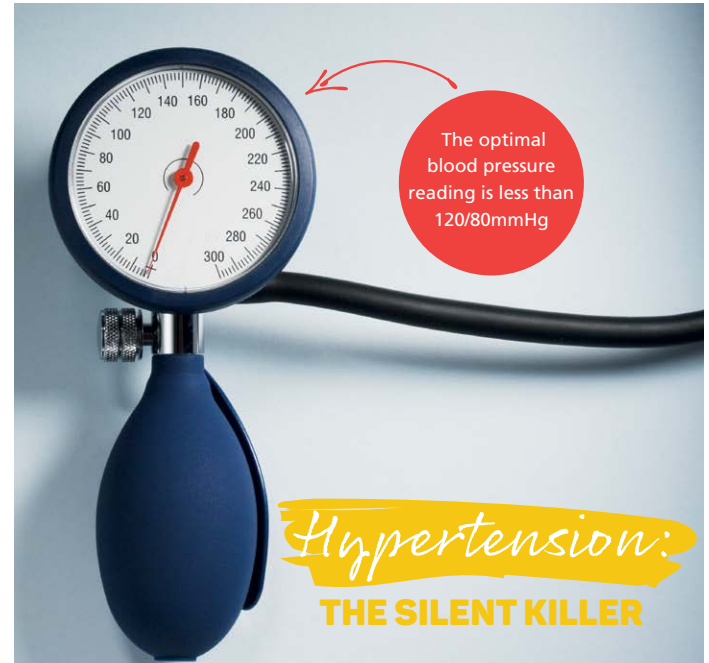
## 4. Main squeeze

Citrus juices and vinegars deliver a bright punch of flavour – make the most of them.

## 5. Save the sauce

Tomato sauce, soy sauce, salad dressings and olives contain high amounts of salt, so use them sparingly.

**DID YOU KNOW?** You can train your palate to become accustomed to less salt. It may take a few months, but by gradually reducing your sodium intake, it will easily become part of your lifestyle.



**HYPERTENSION** is also known as high blood pressure. When your blood pressure is high enough, the long-term force of the blood against artery walls can cause damage and put you at risk of heart disease, stroke or worse.

These are common risk factors:

- 🕒 Age (beyond your control)
- 👨‍👩‍👧‍👦 Family history
- 🏃 Overweight or obesity
- 🏃 Lack of exercise
- 🚬 Smoking
- 🥗 Poor nutrition

# HIDING IN PLAIN SIGHT

Many of the foods we eat already contain a generous amount of hidden salt. Processed foods are higher in sodium, so by reading the label carefully and choosing fresh, unprocessed food you can lower your salt consumption significantly.

## Do the salt swap

SALTY FOOD	HEALTHY ALTERNATIVE
Chips, pretzels & biltong	Vegetable crudité's, unsalted popcorn, unsalted nuts
Cottage cheese	Plain yoghurt
Instant cereals	Oats porridge made with milk and no salt or Swiss muesli
Cold meats, tuna in brine & cheese	Left-over roasted meat, chicken and tuna in water
Store-bought pasta sauce, soy, tomato and Worcestershire sauces	Homemade pasta sauce with fresh tomatoes

✔ Did you know? Table salt, sea salt, Himalayan salt, kosher salt and rock salt are all equally high in sodium.

# CONSCIOUS COOKING

Cooking healthily doesn't mean you should skimp on flavour. Try these healthy alternatives

## ✔ LOW SODIUM VEGETABLE STOCK

**Heat** a glug oil in a pan and sauté 2 chopped leeks, 1 chopped onion, 2 chopped carrots, 4 chopped celery stalks, 2 chopped garlic cloves, 2 bay leaves, sprig thyme and 10 peppercorns for 5 minutes or until soft. **Add** 4 cups (1L) water, cover and simmer for 30 minutes. **Strain** and chill until needed. **MAKES 500ml**



## ✔ KETCHUP

**Simmer** 1 bottle (750ml) PnP passata, 4/5 cup (200ml) red wine vinegar, 1/4 cup (60ml) brown sugar, 7 cloves, 1 chopped garlic clove, 1 chopped onion, 2 bay leaves and a pinch of salt and pepper in a saucepan until reduced by half. **Strain** and store in a sterilised jar. **MAKES 450ml**



Dining out? When you're at a restaurant and ready to order, you can request that the dish be prepared without salt.



Reduce  
your salty  
ways



LOOK OUT FOR 1. PnP ready to eat beetroot hummus; 2. PnP Livewell smooth peanut butter; 3. PnP Livewell dry roasted unsalted cashew nuts; 4. PnP fresh herbs; 5. PnP Livewell roasted vegetables and chickpea with couscous, baby marrow and sundried tomato; 6. PnP Livewell raw almonds

Contact PnP's registered dietitian for more health and dietary advice, email [healthhotline@pnp.co.za](mailto:healthhotline@pnp.co.za) or call 0800 11 22 88