



SALT
REDUCTION
GUIDE

Lo Salt

DECREASE SALT. INCREASE LIFE.

A VENTURE OF SAPIENS HEALTH FOUNDATION

Why reduce salt?



Too much salt raises blood pressure and increases the risk of heart attack and stroke.

Most adults in India consume about 11g of salt per day. **The safe limit is less than 5g per day** (≈ one level teaspoon).



5g (One level teaspoon)

Reducing salt:

- Prevents high blood pressure.



- Lowers blood pressure if it is already high.



- Helps even people with normal blood pressure.

How to reduce salt?

IN THE KITCHEN

- Skip adding salt while preparing rice, chapatti, poori and parantha
- Prepare smaller quantities of salty sides like papad, chutney and pastes
- Reduce salt in dals and curries gradually so taste adjusts over time
- Try to make each pack of salt last longer



AT THE TABLE

- Taste before adding extra salt
- Use less pickle, sauces and papad
- Avoid processed and packaged foods
- Prefer freshly prepared food, fruits and vegetables



Where to reduce salt?

Shop Smart

- Choose Low Sodium Iodized Salt
- Limit ready-to-cook and instant foods
- Buy fewer namkeens, chips, murukku and papads



Dine-out Smart

- Request food prepared with less salt
- Avoid the salt shaker
- Minimise salted butter, spice mixes, sauces, ketchup and dressings
- Limit items such as samosa, pakoda and chaat



Save your kidneys. Only YOU can!

CHENNAI, INDIA.

E Mail: sapiensfoundation@yahoo.com.

Mobile : 9962375892