

# Shake Your Salt Habit!

## What is Sodium?

It is an essential mineral for maintaining body fluid balance. Salt contains 40% sodium and is found in sauces, condiments, preservatives and canned food.

## Why is it dangerous?

Excessive sodium intake can lead to hypertension which is one of the leading causes of kidney failure!

## How much should I take?

The recommended daily sodium limit is 1 teaspoon (tsp) of salt (<2,000mg).



**1 tsp of  
Salt**



**8 tsp of  
Light Soy Sauce**



**15 tsp of  
Oyster Sauce**

# Choose Natural Ingredients When Cooking



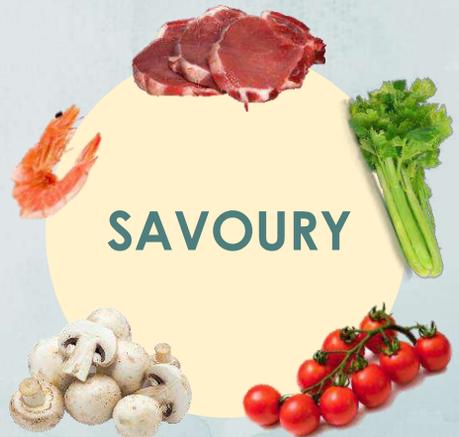
**SWEET**



**SPICY**



**SOUR**



**SAVOURY**

Besides salt, there are many fresh and natural ingredients that can enhance the flavour for a more delectable taste!



# Choose Healthier Options When Eating Out

High Sodium Choices	Sodium Content (mg)	Lower Sodium Alternatives	Sodium Content (mg)
Roasted Chicken Rice	1,112	Steamed Chicken Rice	698
Deep Fried Fish Bee Hoon Soup with Milk	2,708	Sliced Fish Soup without Milk	1,808
Mee Siam with Gravy	2,347	Mee Siam without Gravy	1,008
Seafood Tomyum Ban Mian Soup	4,439	Pork Dumpling Ban Mian Soup	2,816
Creamy Chicken Pasta	1,161	Prawn Aglio Olio	786
Chicken Masala with Gravy (150g)	768	Chicken Tikka(100g)	263
Fried Prawn Crackers (100g)	750	Rice Crackers (100g)	369
Cheese Fries (1 Plate, 186g)	658	Baked Potato without Dressing (1 Whole, 202g)	16
Satay with Gravy (10 Pieces)	920	Satay without Gravy (10 Pieces)	231

Source: Energy & Nutrient Composition of Food, Health Promotion Board, 2011

\*Items 1 to 5 are based on 1 serving

**Ask for less gravy, avoid drinking the soup and limit preserved foods such as salted egg and salted fish.**



# How To Read A Nutrition Label

Wholemeal Bread		
NUTRITION INFORMATION		
Servings Per Package: 5		
Serving Size: 2 slices (72g)		
Nutrients	Per Serving	Per 100g
Energy	151kcal	210kcal
Protein	11.6g	16.1g
Total Fat	3.0g	4.2g
-Saturated Fat	0.5g	0.7g
-Trans Fat	0g	0g
Cholesterol	0mg	0mg
Carbohydrates	19.4g	26.9g
-Total Sugar	1.7g	2.3g
-Dietary Fibre	8.6g	11.9g
Sodium	207mg	288mg
Calcium	108mg	150mg

2. This shows how many servings are in the package

1. Compare with the same product category (e.g bread vs bread)

3. Compare as per 100g

4. Compare with the same nutrient group

5. Lower sodium is better!

**INGREDIENTS:** WATER, WHOLEGRAIN FLOUR, WHEAT FIBRE, YEAST, SUGAR, SALT, WHEAT STARCH, PALM OIL

Ingredients are arranged in descending order, according to weight.

