

## WHAT IS SALT ?

Salt is essentially sodium chloride. Excess Sodium acts like sponge, retaining water in our bodies. This leads to an increase of blood volume, which in turns results in elevated blood pressure-High blood pressure.

Most of intake comes from salt, but it is also found in baking powder, soda bi carbonate and Monosodium glutamate used in most restaurants as flavorings.

## WHY IS A LOW SALT DIET IMPORTANT ?

Salt is essential for good health, but most Indians consume more salt than their bodies require. Too much salt is associated with risk of high blood pressure. Studies show favorable effects when sodium intake is restricted. A "Low Salt Diet" means avoiding high salt content foods such as papads, pickles, canned products. This does not mean that all your meals have to be tasteless and bland. Spice up your meals & snacks by Alternative Flavourings.

## ALTERNATIVE FLAVOURINGS

- Pepper, cumin, turmeric, chillies.
- Curry and coriander leaves.
- Ginger and garlic
- Vinegar or lemon juice.
- Tulsi leaves, cloves.
- Parsley, basil or mint for garnishing.
- Sour curds.



## FOODS TO BE AVOIDED

- Salted eggs, meat, fish and vegetables.
- Canned meat, fish and vegetables.
- Processed and ready to eat products.
- Canned and packet soups.
- Salted butter, Margarine and cheese.
- Bacon, ham, sausages.
- Organ meats, shell fish.
- Papad, pickles, bottled sauces and chutneys.
- Preserved fruit eg: olives, plums, limes, ginger.
- Salted biscuits, crisps, nuts and dry fruits.



## SODIUM CONTENT OF SOME COMMON FOODS

Food	Serving	Sodium (mg)
Salt	1 tsp	1965
Baking pd	1tsp	339
Baking pd	1 tsp	821
MSG	1 tsp	492
Egg	1 no.	50
Cow's milk	1cup	110
Butter	1 tbsp	116
Margarine	1tbsp	140
Mayonnaise	1tbsp	78
Soy sauce	1tbsp	1029
Salad dressing	1 tbsp	109-224
Bread	1 slice	320

## RECOMMENDATIONS

You are allowed \_\_\_\_\_ gms ie \_\_\_\_\_ leveled tsp of salt for the day.

Do not add salt while cooking and kneading the dough.

## WHILE EATING OUT . . .

CHOOSE THIS.	OVER THIS.
Steamed idlies	Idli fry, Medu wada.
Fresh soups	Ready made & canned soups
Unsalted butter	Salted butter
Roasted channa	Salted channa
Regular biscuits	Salty biscuits
Fresh fruit	Preserved fruit.

DIETITIAN  
SANGEETA PUNJABI