



SHAKE THE HABIT

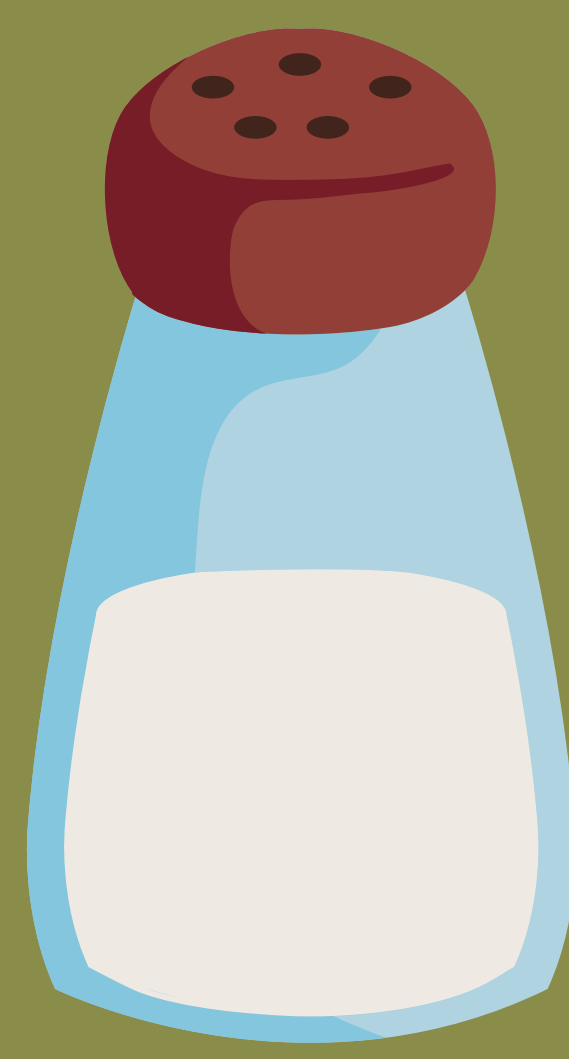
What You Need to Know About Salt and Your Health

WHY SHOULD YOU CARE ABOUT SALT?

Salt might seem harmless : just a sprinkle here, a pinch there. But most of us are consuming way more than we realise, and it's quietly wreaking havoc on our health. Too much salt in your diet is one of the leading causes of high blood pressure, which increases the risk of heart disease, stroke, kidney problems, and even osteoporosis. The scariest part? You don't have to be a fast food lover or a salt shaker addict to be at risk. Around 75% of the salt we consume is hidden in processed foods like bread, cheese, sauces, cereals, and snacks.

WHAT YOU NEED TO KNOW ABOUT SALT INTAKE

- The World Health Organisation (WHO) recommends less than 5 grams of salt per day, that's just about one teaspoon.
- On average, most people consume 9 to 12 grams daily which is more than double the safe limit.
- High salt intake is directly linked to hypertension (high blood pressure), which affects 1 in 3 adults globally.
- Children are also at risk—and that is where parents play a vital role. Developing a taste for salty foods early in life can lead to long-term health issues. It's essential for parents and caregivers to help children build healthy eating habits from the start, by offering fresh, low-sodium meals and limiting processed, salty snacks. These early choices can shape their health for a lifetime.



WHAT YOU CAN DO TODAY FOR A HEALTHIER TOMORROW



Read Labels

Look for "low sodium" or "no added salt" products. Learn to spot hidden sodium in ingredients like monosodium glutamate (MSG), baking soda, and sodium nitrates.



Cook at Home

Take control by preparing fresh meals. Use herbs, lemon juice, garlic, vinegar, and spices to add flavor without relying on salt.



Rinse Canned Foods

If you use canned beans or vegetables, rinse them thoroughly to reduce sodium content.



Watch Your Sauces

Ketchup, soy sauce, salad dressings, and even seemingly healthy soups are sodium bombs. Swap for homemade versions or low-sodium alternatives.



TYPES OF SALT: NOT ALL SALTS ARE CREATED EQUAL

Type of Salt	Description	Nutritional Value	Common Use
Table Salt	Refined, bleached, often iodized	High sodium, may contain iodine	Cooking, baking
Sea Salt	Evaporated from sea water	Contains trace minerals	Gourmet dishes, finishing
Himalayan Pink Salt	Mined from ancient salt beds	Contains iron and minerals	Finishing, natural appeal
Kosher Salt	Large flakes, dissolves quickly	Less sodium per pinch	Seasoning meats
Low-Sodium Salt	Potassium-based salt substitute	Lower sodium, adds potassium	Ideal for heart health

SO, WHAT'S THE BEST SALT TO USE?

If you must use salt, use it wisely and sparingly.

- Best Everyday Option: Iodized table salt—especially important if your diet lacks iodine.
- Best for Lowering Sodium Intake: Low-sodium salt substitutes (but check with your doctor if you have kidney issues or take blood pressure medication).
- Best for Taste with a Bit of Nutrition: Himalayan pink salt or sea salt, but remember—it's still salt.

Bottom line: Fancy salts aren't a free pass. The body reacts the same way to sodium—no matter the color or crystal shape. So moderation is key.



A LITTLE LESS SALT, A LOT MORE LIFE

You don't need to go salt-free, but you do need to get salt-smart. Cutting back just a little can lead to lower blood pressure, reduced heart disease risk, and better overall health. Start small, stay aware, and season your life, not your plate with balance.



For more information, support and advice feel free to reach out to us on transneteap@mhg.co.za

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0800 000 408

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