

Low Sodium

(Low Salt Diet)



The World Health Organization (WHO) recommends that adults should consume less than 2 grams of sodium every day (which is about 1 teaspoon of salt) and replace table salt with iodised salt (Persons with thyroid problems should seek medical advice)

Excessive sodium intake increases the risk of hypertension, coronary heart disease and stroke. Controlling one's salt intake can help to maintain blood pressure at a desirable level.



Department of Health



Elderly Health Service



Limit foods that are high in sodium (salt):



- ✗ Most commercial seasonings (such as fermented black beans, oyster sauce, soy sauce, MSG, chicken powder and shrimp paste)



- ✗ Processed food (such as sausage, salted duck egg and canned food)



- ✗ Preserved food (such as dried mustard-greens, salted fish and Chinese sausage)



- ✗ Others: siu mei (such as barbecued pork, salt-baked chicken and Chinese marinated poultry), instant noodles, salted nuts, traditional Chinese preserved fruits (such as preserved plums and preserved tangerine peels) and pre-packaged snacks (such as potato chips and shrimp strips)



How to reduce sodium intake:



- ✓ Choose natural food because they are low in sodium, such as vegetables, fruits, meat, cereal and grains, low fat or skim milk
- The nutrient content of frozen food and fresh food (such as chicken, pork and corn) are similar. They are both low sodium choices



- ✓ Use more natural seasonings with low sodium content, such as parsley, garlic, ginger, white pepper and green shallot

Sodium Content of Seasonings

Most commercial seasonings	Sodium (mg)	Natural seasonings	Sodium (mg)
1 brick of Chicken Powder	2400	1 teaspoon of White Pepper	0
1 tablespoon of Soy Sauce	879	1 teaspoon of Diced Ginger	0
1 tablespoon of Fermented Black Beans	670	1 teaspoon of Diced Garlic	0
1 tablespoon of Oyster Sauce	630	1 teaspoon of Green Shallot	0

🍴 Read the nutrition label

(1 teaspoon salt contains 2300 mg sodium)

Nutrition Label

Read the nutrition label when you purchase pre-packaged food. Compare the sodium content on the nutrition labels of different products and choose the one with less sodium. Also, remember to compare other nutrient contents when you read the nutrition label, so as to choose a product with lower fat, lower sugar and higher fiber content.

Bread A	
Nutrition Information	
	Per 100g
Energy	287kcal
Protein	8.5g
Total Fat	5.4g
Saturated Fat	0.9g
Trans Fat	0g
Carbohydrates	51g
Sugars	4.3g
Dietary Fibre	5.7g
Sodium	575mg

Apart from maintaining a desirable blood pressure level, here are more tips for a healthy heart:

- 🍴 Maintain a healthy weight
- 🍴 No smoking
- 🍴 Avoid alcohol consumption
- 🍴 Maintain regular level of physical activity
- 🍴 Maintain a balanced diet
- 🍴 Limit foods that are high in fat, saturated fat, trans fat and cholesterol, such as fatty meat, poultry with skin, sandwich biscuits, cookies and offals
- 🍴 Use more low fat cooking methods, such as steaming, boiling and stewing
- 🍴 Increase intake of potassium, magnesium and calcium rich foods, such as vegetables, fruits, non-fried and unsalted nuts, low fat milk, and soy products



Food Pyramid



- 🍴 Increase intake of high fiber foods, such as vegetables, fruits, oatmeal, dried beans and mushrooms
- 🍴 Limit foods or drinks that are high in sugar, such as cakes, soda drinks and fruit juices with added sugar, as additional sugar can lead to weight gain



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