



Salt and Health

Theme: *'More Flavour Less Salt'*

GOVINDA'S
Year Reception

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**What
is
salt?**





The salt we eat is actually a type of crystal, which means it is very hard and is shaped in a special pattern



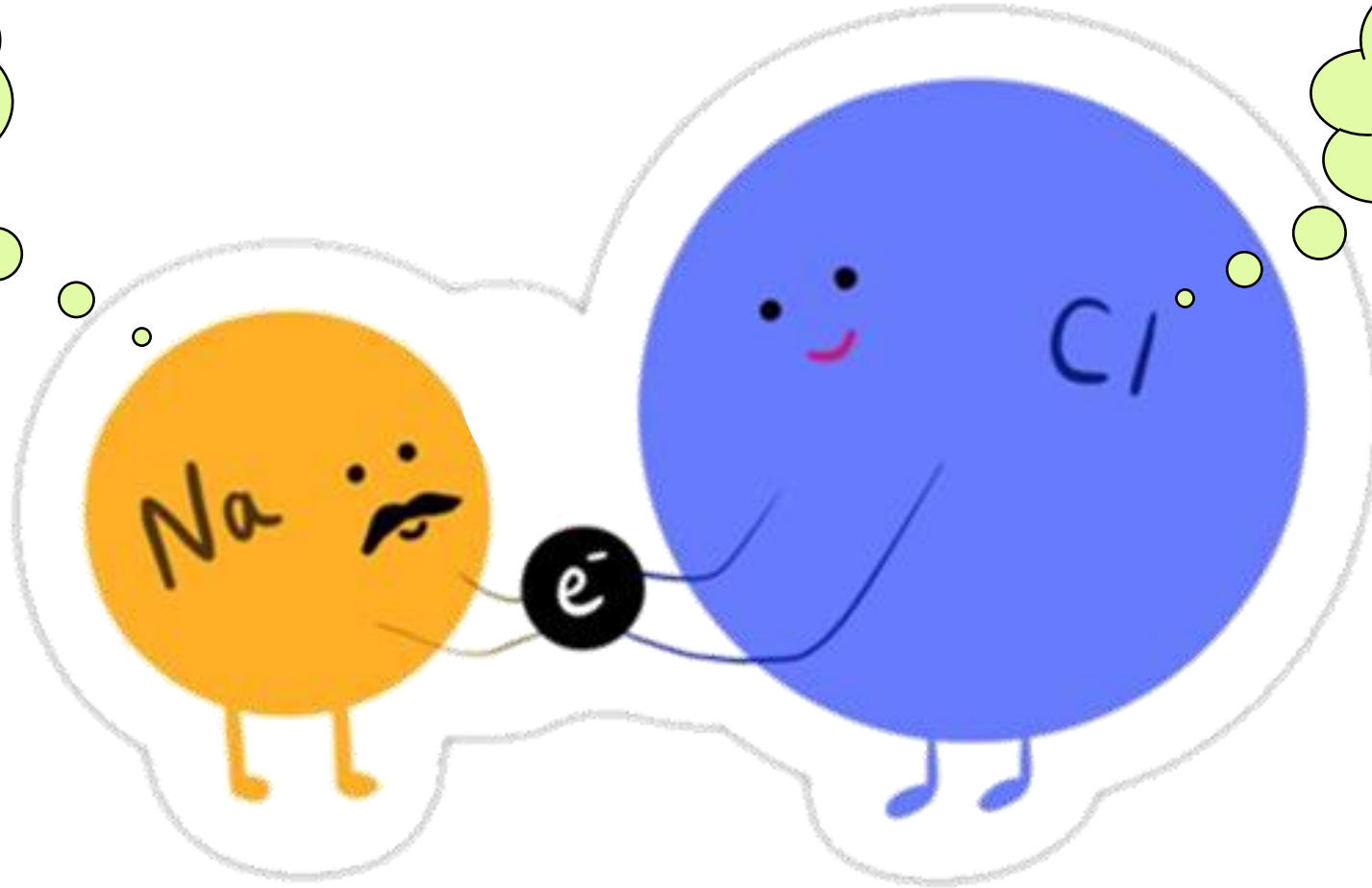


And it is really important for our body- as long as we don't eat too much of it.

Salt is made up of two ingredients

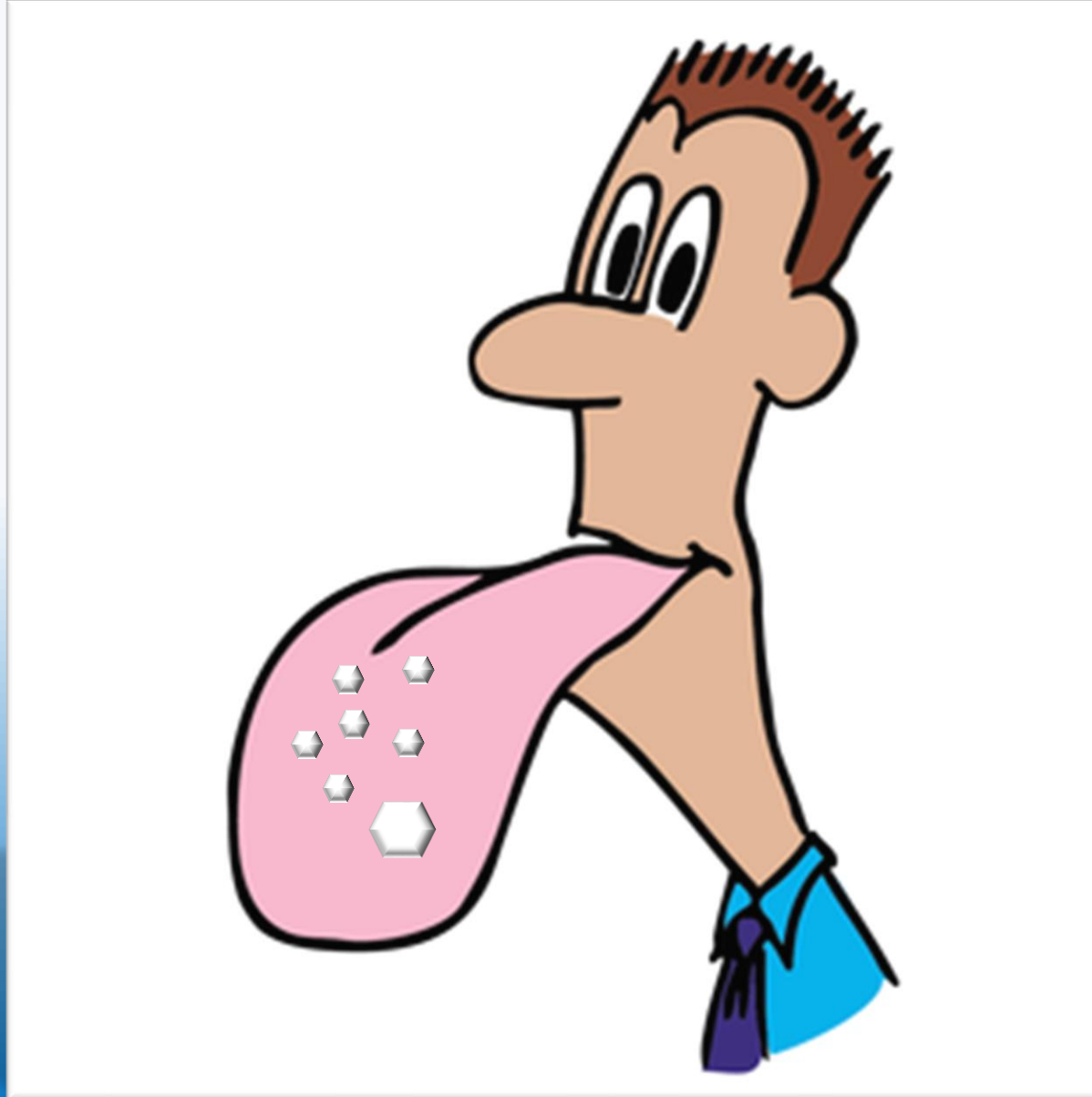
Sodium

Chloride



Our bodies need both of these to help us move around and stay healthy

When salt dissolves in your mouth, it breaks down into those two ingredients
And then sodium and chloride go do their special jobs



Sodium



Sodium helps your body absorb other nutrients from your food, which gives you energy

And it helps with all other kinds of things like with your heart pumping your blood





Chloride

Chloride meanwhile helps your muscles move around



And

helps your brain get messages from all over your body

So you can see why salt is so important!
People from all over the world eat it



But if you eat too much salt you can get sick
Having too much salt can be too much for your body to handle all at once



It makes people very thirsty, and it can make it harder for their heart to pump blood the way it is supposed to

Too much salt

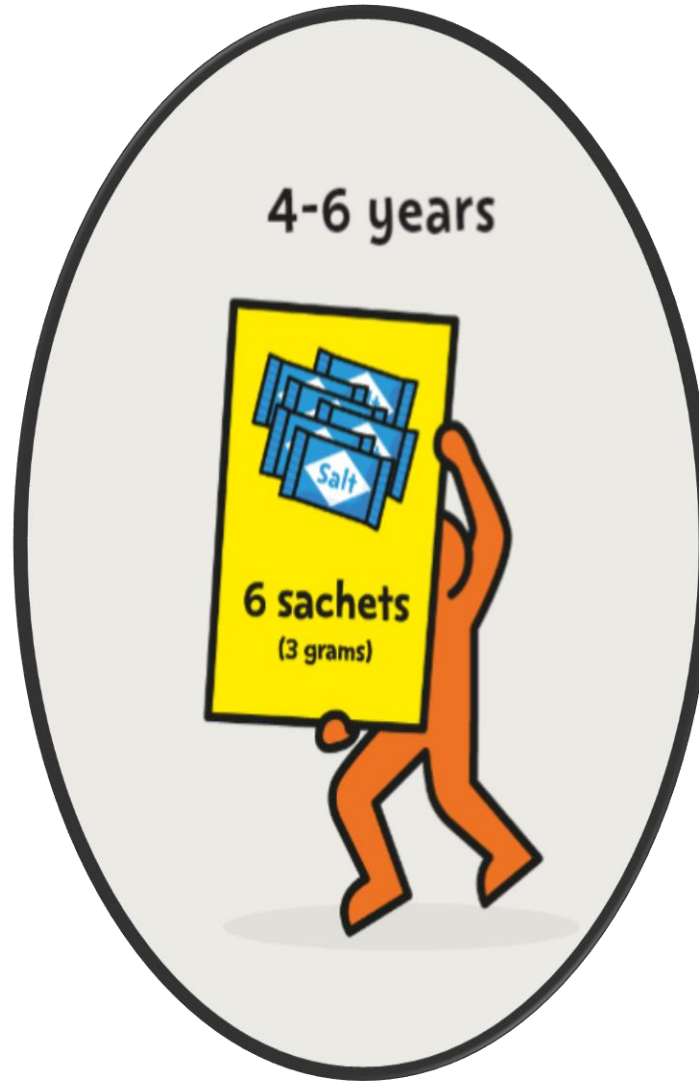
- Eating too much salt is bad for your health
- This is because it can raise your **blood pressure**



- It takes a lot of work for your heart to get blood to flow all the way out to your arms and legs.
- When blood pressure rises, it puts a lot of pressure on the heart.

How much salt?

3
grams



Salt: Uses

Salt was once needed
preserve food so they
can stay longer



BUT....

We now have fridge, freezers and cans to make food last a long time





Salt can also add flavour to food

BUT....

There are so many healthy ways to add flavour to food!



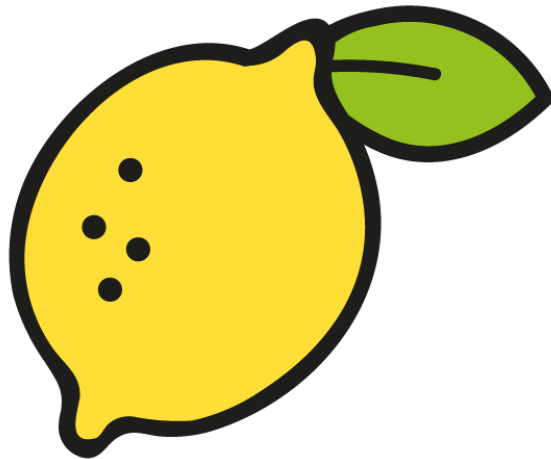
This **Salt Awareness Week**, we will discuss some simple tips to help you use less salt

Replace salt with:

Chilli



Citrus



Fresh
herbs



Spices



Mint

Guess



- **Taste:** A bright and refreshing herb
- **Uses:** Great in salads, pasta or in couscous.

Basil



Guess

- **Taste:** Sweet and peppery.
- **Uses:** Perfect for pesto, marinades, dressings, sauces, sandwiches, soups and salads.

Coriander

Guess



- **Taste:** Coriander leaves have a distinct earthy and lemony flavour
- **Uses:** Add coriander leaves to soups, salads, curries

Cardamom

Guess



- **Taste:** A warm, aromatic spice
- **Uses:** Commonly added to Asian spice mixes and curry pastes. Cardamom also works well in baked goods and sweet breads, with cloves and cinnamon

Turmeric

Guess



- **Taste:** Has a distinctive yellow colour
- **Uses:** You can flavour rice with it

Saffron

Guess



- **Taste:** A floral, sweet, honey-like flavour
- **Uses:** Can also be used in tea, sweets, baking

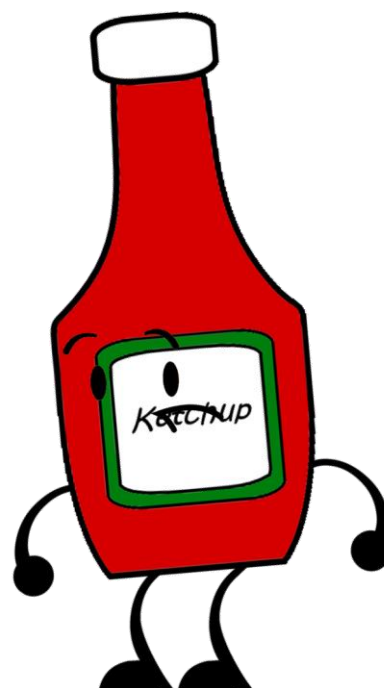
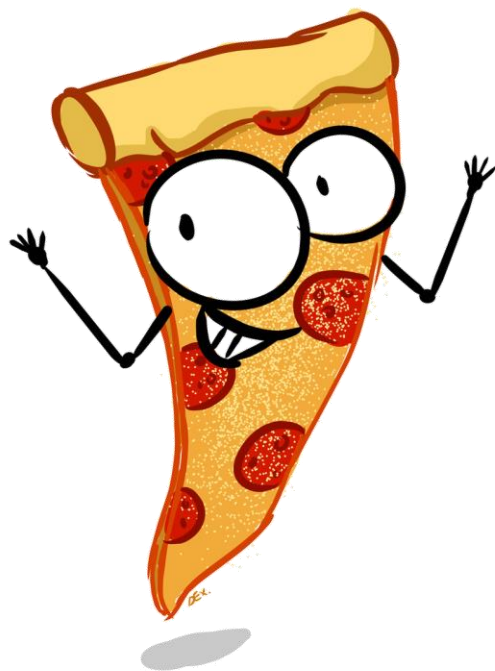
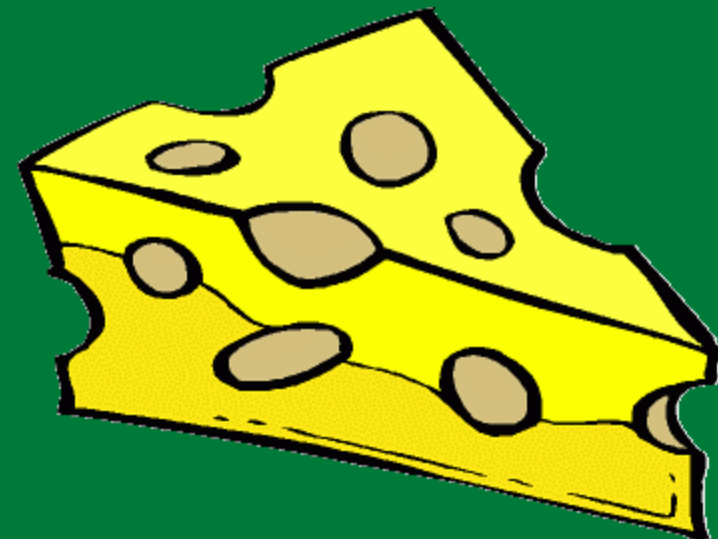


Where is salt found?

75% of the salt you eat is already in the food you buy



Watch the salt



Cut back on sauces
such as soy sauce,
ketchup and salad
dressings which can
contain lots of
hidden salt

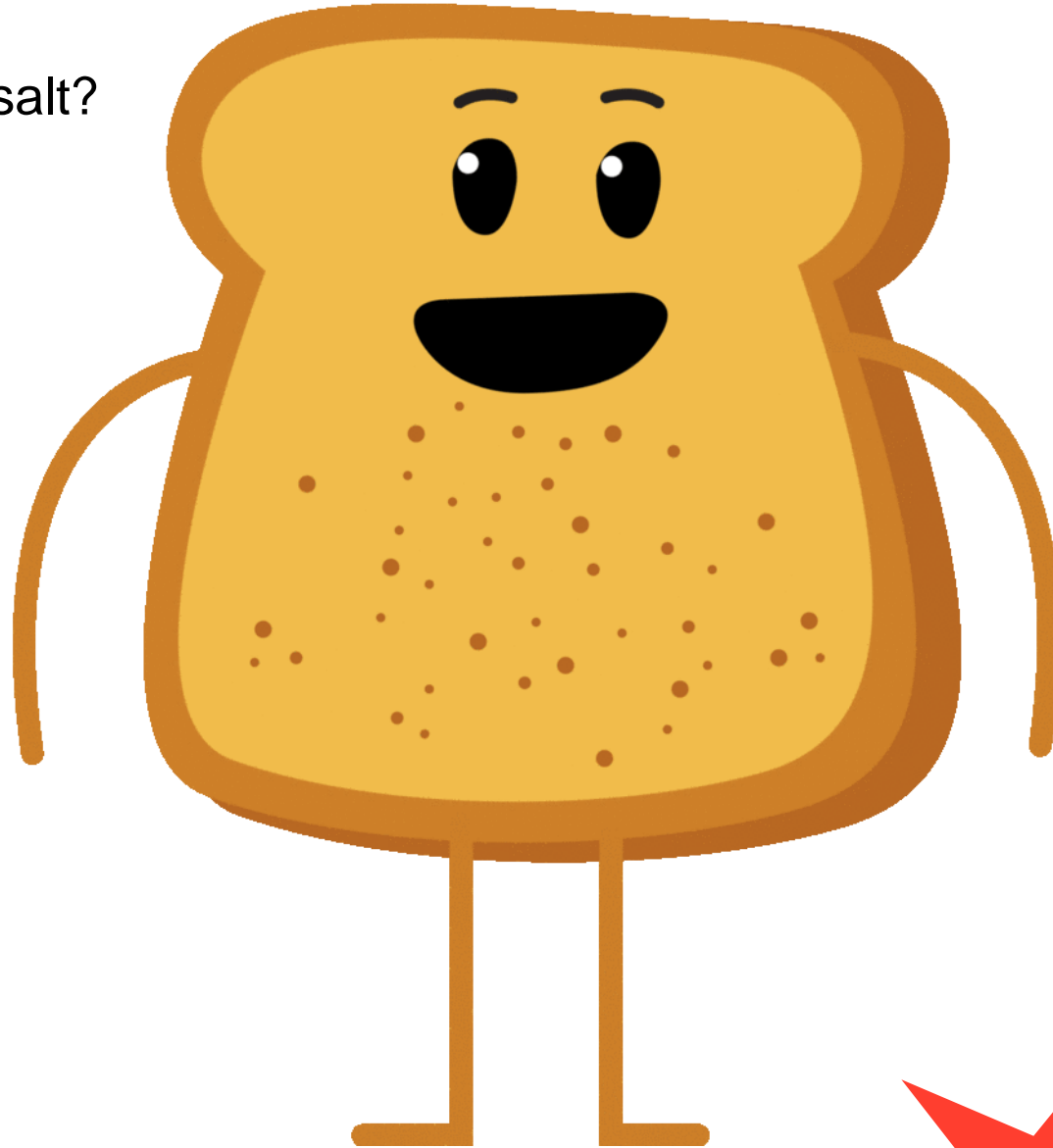


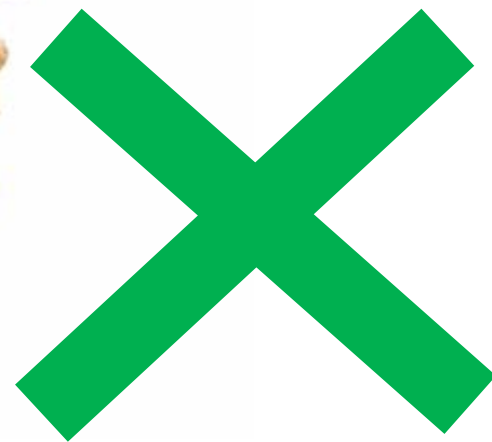


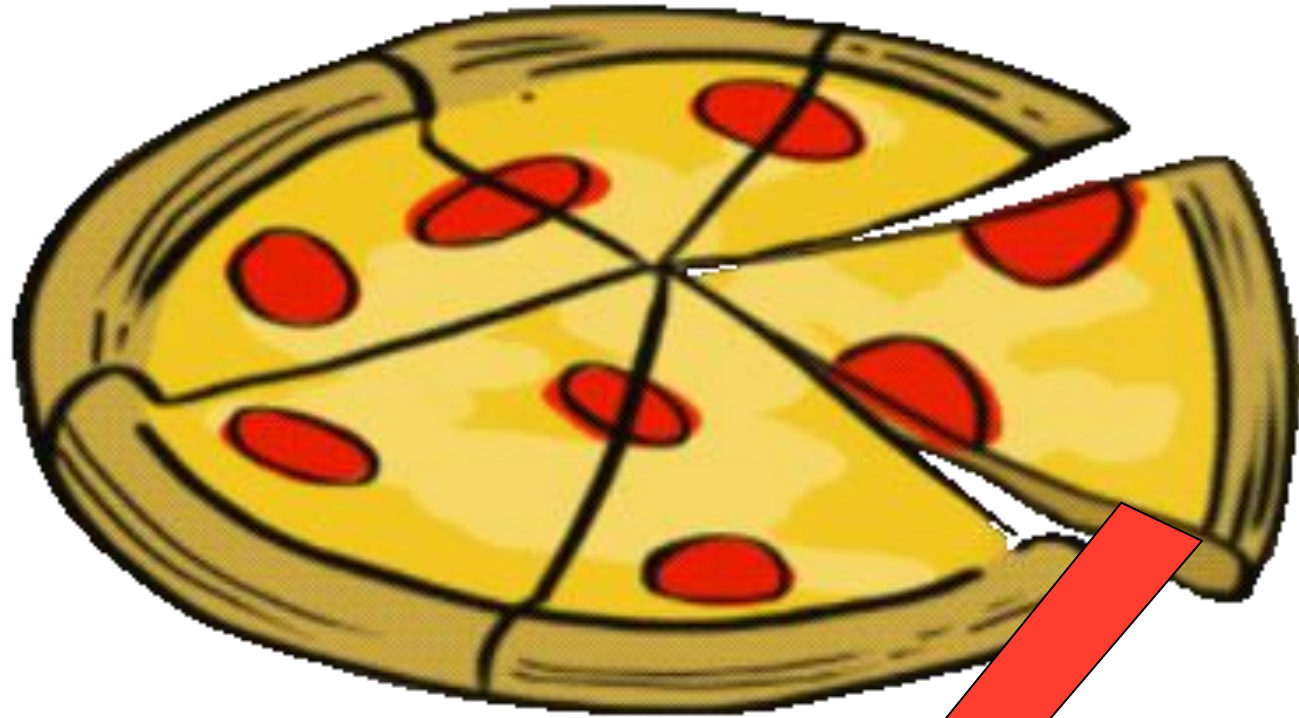
Use lower salt-stocks or make your own low-salt stock

Activity

Which foods contain added salt?



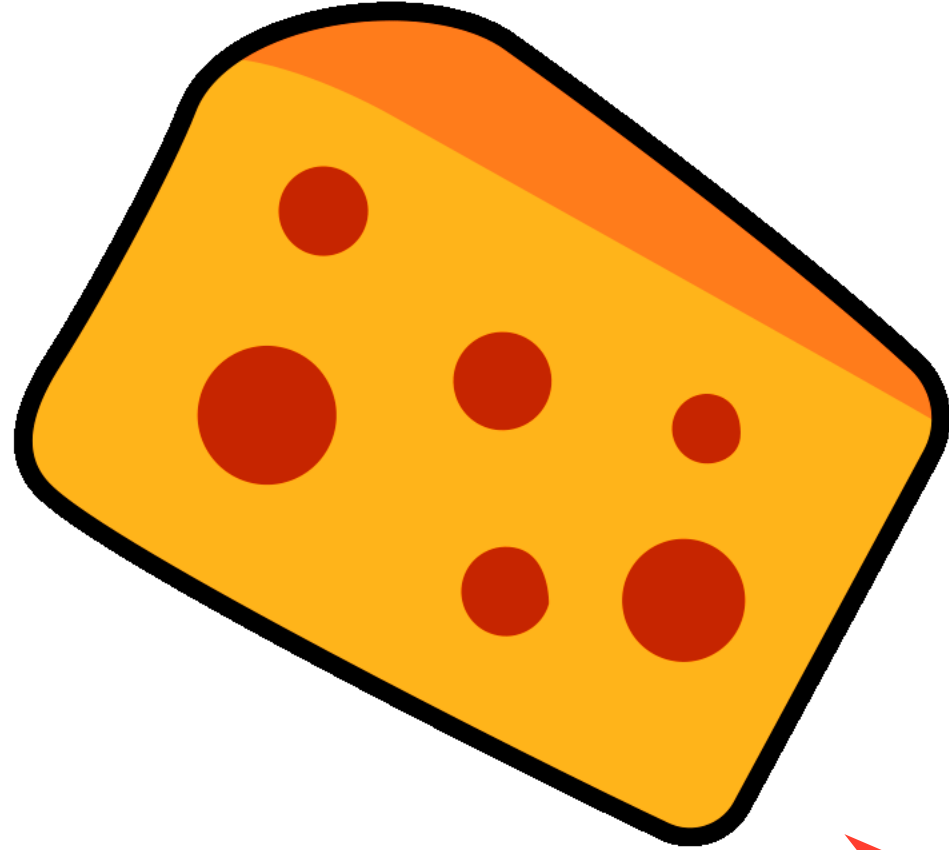










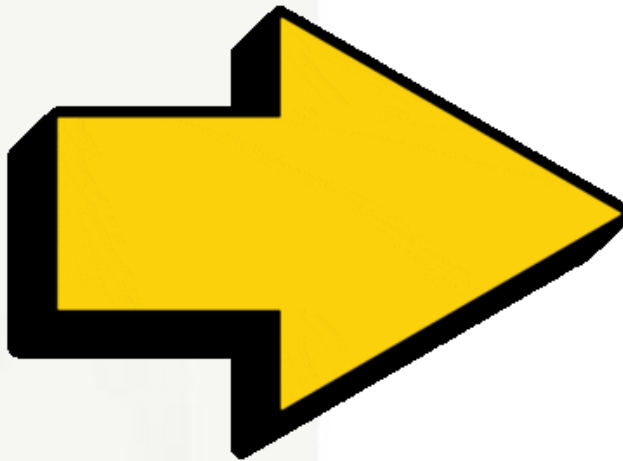


Simple Swaps

Swap

For

From
Crisps



To

Nutty apple and celery rice cakes



Apple and celery rice cakes recipe



Simple Swaps

Swap

For

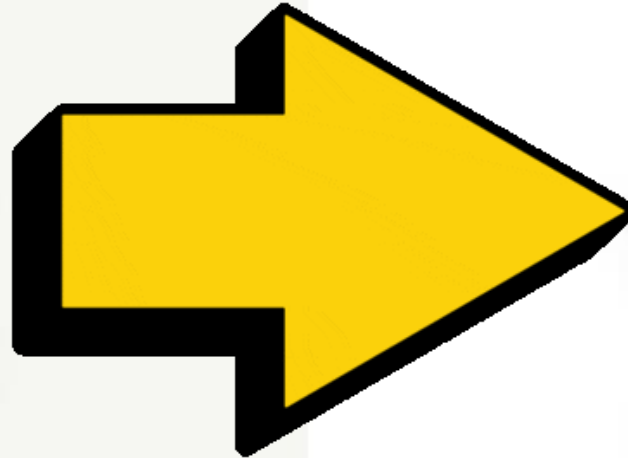
From

Salted peanuts



To

Unsalted mixed nuts

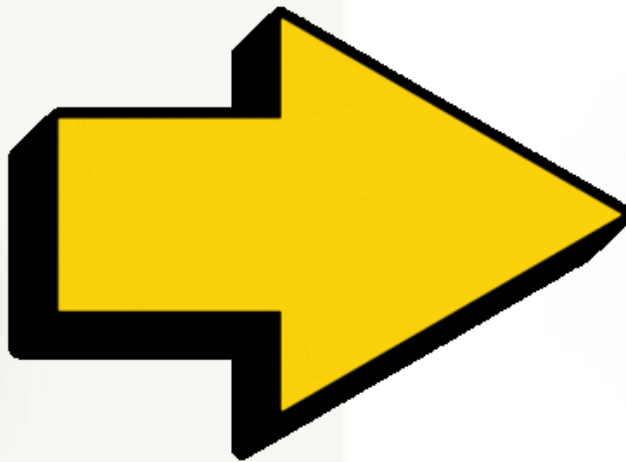


Simple Swaps

Swap

For

From
Salt and soy sauce



To
Herbs and spices



Food Labels

- Most food in your cupboards at home will have a food label
- These tell you what is in your food
- Some foods have traffic light colours on them to show the salt content



FOOD LABEL GUIDE TO SALT

**LOW
SALT**

Less than 0.3g per 100g

**MED.
SALT**

Between 0.3g - 1.5g per 100g

**HIGH
SALT**

More than 1.5g per 100g

Data from the UK Food Standards Agency. Current as of March 2018



What have we learnt today?



- That salt is hidden in many of our favourite foods
- That eating too much salt can make us unhealthy
- Swap salty snacks with chopped fruits, veggie sticks or unsalted nuts



And remember –

All with More Flavour, Less Salt!

Activity 1



Where is the salt hidden?

- Identify the food products given below.
- Do you think it contains hidden salt? Tick the correct answer.



Product: _____

Salt: ☐ Yes ☐ No



Product: _____

Salt: ☐ Yes ☐ No



Product: _____

Salt: ☐ Yes ☐ No



Product: _____

Salt: ☐ Yes ☐ No

Activity 2

Herbs & Spices: More flavours Less salt

Herbs and spices can liven up your food, adds flavour and are better for your heart health as compared to salt. Identify the following herbs and spices and tick the correct answers:

Herbs		Spices	
 <ul style="list-style-type: none"><input type="radio"/> Coriander<input type="radio"/> Mint<input type="radio"/> Rosemary<input type="radio"/> Basil	 <ul style="list-style-type: none"><input type="radio"/> Coriander<input type="radio"/> Mint<input type="radio"/> Rosemary<input type="radio"/> Dill	 <ul style="list-style-type: none"><input type="radio"/> Saffron<input type="radio"/> Cardamom<input type="radio"/> Clove<input type="radio"/> Black pepper	 <ul style="list-style-type: none"><input type="radio"/> Saffron<input type="radio"/> Chilli<input type="radio"/> Cardamom<input type="radio"/> Clove
 <ul style="list-style-type: none"><input type="radio"/> Coriander<input type="radio"/> Mint<input type="radio"/> Rosemary<input type="radio"/> Dill	 <ul style="list-style-type: none"><input type="radio"/> Coriander<input type="radio"/> Mint<input type="radio"/> Rosemary<input type="radio"/> Dill	 <ul style="list-style-type: none"><input type="radio"/> Saffron<input type="radio"/> Cardamom<input type="radio"/> Clove<input type="radio"/> Chilli	 <ul style="list-style-type: none"><input type="radio"/> Saffron<input type="radio"/> Cardamom<input type="radio"/> Clove<input type="radio"/> Chilli
 <ul style="list-style-type: none"><input type="radio"/> Rosemary<input type="radio"/> Dill<input type="radio"/> Basil<input type="radio"/> Chives	 <ul style="list-style-type: none"><input type="radio"/> Rosemary<input type="radio"/> Dill<input type="radio"/> Basil<input type="radio"/> Chives	 <ul style="list-style-type: none"><input type="radio"/> Clove<input type="radio"/> Cardamom<input type="radio"/> Black pepper<input type="radio"/> Chilli	 <ul style="list-style-type: none"><input type="radio"/> Saffron<input type="radio"/> Turmeric<input type="radio"/> Clove<input type="radio"/> Chilli



Thank You