

INCREASING UPTAKE OF LOW-SODIUM SALT

Low-sodium salts typically replace 10% to 50% of the harmful ingredient in salt (sodium chloride) with alternative minerals, most commonly potassium chloride.

- Low-sodium salt tastes and works like regular salt.¹
- It can be used for home cooking, food service and food manufacturing.



Why low-sodium salt?

- Using potassium-enriched low-sodium salt during cooking or at the table has been shown to dramatically reduce the risk of stroke, heart attack and death, and is cost-saving.^{2,3}
- Potassium-enriched low-sodium salt has a double benefit: lowering sodium and increasing potassium both work to decrease blood pressure.

The Salt Substitute and Stroke Study (SSaSS)

Conducted in China, SSaSS found that swapping regular salt used in food preparation and at mealtimes with potassium-enriched low-sodium salt can dramatically reduce risk of stroke, heart attack and death.



14% fewer
strokes



13% fewer
cardiovascular events*

* Stroke and heart attacks combined



12% fewer
deaths



No increased risk
of serious events due to
hyperkalemia (elevated
blood potassium)



Cost saving
for consumers and the health care system

(95% probability of being cost-saving and >99.9% probability of being cost-effective)

Trials in India and Peru have also demonstrated that promoting low-sodium salt can reduce sodium intake at home and/or lower blood pressure.⁴⁻⁸



Encouraging the use of low-sodium salts

Interventions and policies to increase the uptake of low-sodium salt should address:



Availability to consumers, by tackling production and regulatory challenges, such as infrastructure and supply chains



Affordability, through economies of scale, subsidies, vouchers, or taxation of regular salt



Awareness and promotion through education, social marketing campaigns, more visibility in retail outlets, and regulatory measures such as public procurement standards and labeling requirements or standards



Advocating for buy-in and support from policymakers and other government stakeholders and within sectors such as the medical field, nutrition groups and civil society

Minimizing risk

While increased potassium intake can be harmful for people with advanced kidney disease or who are otherwise prone to hyperkalemia, the benefits far outweigh this risk.⁴ High-risk individuals included in the DECIDE-Salt Trial in China did not suffer any health impacts from the use of low-sodium salt.⁹ Placing government-regulated and standardized warning statements on low-sodium salt packages can help minimize risk.

RESOURCES

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