

Salt Reduction Guide



WHY REDUCE SALT



Eating too much salt is **dangerous for health**— it causes high blood pressure, which can lead to heart attack and stroke



On average, adults in India consume approximately 11g salt/day, which is **more than twice** the recommended limit for salt*



Eating **less salt** helps prevent high blood pressure and lowers the blood pressure if already high



Everyone benefits from a lower salt intake, even those with normal blood pressure



Keep your salt intake to **less than 5 g/day** which is equivalent to one level teaspoon. Any more is dangerous!

 **A lower salt diet could save your life!**

* 5g / day

Salt Reduction Guide

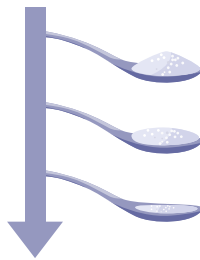


WHILE COOKING

Make salt purchased for cooking in the home last longer., e.g. for a family of five members, if 1 kg of salt lasts for 6 weeks, then make it last for 8 weeks



When you make rice, chapatti, poori, parantha, don't add salt



In pulses and curry, reduce salt gradually over time



Prepare and consume less of foods high in salt such as chutneys, papad, or rasam

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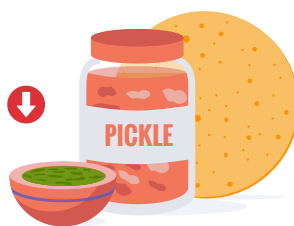
Salt Reduction Guide



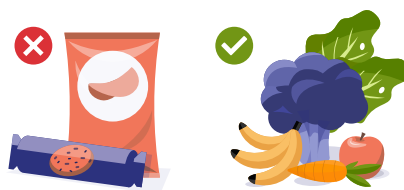
AT THE TABLE



Whenever possible, do not add salt at the table or taste before you add



Limit the use of chutney, papad or pickles



Avoid eating processed foods, instead eat freshly prepared foods and fruits and vegetables

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SHOP SMART



Limit the purchase of processed foods, ready-to-cook foods and instant foods such as noodles, soup, pickles and papads as they are higher in salt than the ones prepared at home



Limit the purchase of namkeens, murukku, chips and papads etc



Purchase Low Sodium Iodized Salt instead of regular iodized salt



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OUTSIDE HOME (RESTAURANTS, STREET FOOD)



Ask to have your food prepared with less salt.



Avoid foods such as samosa, pakoda, chaat, etc. as they contain excess salt.



Limit food accompaniments like salted butter, salty spice mixes (chaat masala, jal jeera masala etc.), chutneys, pickles, papads, ketchups, sauces and dressings etc.



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