

It can be tempting at times to overindulge in tasty treats. Moderation is key and we must be mindful that overconsumption of foods high in fats, sugar and salt/sodium can lead to obesity which increases the risk of developing chronic non-communicable diseases such as Heart Disease, Diabetes, Hypertension, High Cholesterol, and other health complications.

When making food choices, we should remember to consider vitamins and minerals. Why? Because most processed and ultra-processed foods often provide most of their calories only from sugar and fat, and provide just a few (if any) vitamins and minerals.

Salt/Sodium

Excessive amounts of salt or sodium can increase your risk of high blood pressure and kidney disease. It is recommended that the average adult should not consume more than 2300mg of sodium (which is found mainly in processed and ultra-processed foods) or 1 teaspoon of salt per day.

There are different types of salts available on the market, some of which are said to be healthier variations to table salt. These include Sea Salt, Kosher Salt and Pink Himalayan Salt. According to research by the American Heart Association, table salt and most sea salts contain about 40% sodium by weight.⁴ Kosher Salt and Sea Salt may be deemed as suitable alternatives to table salt. This is because 1 teaspoon of Kosher or Sea Salt would contain less sodium compared to Table Salt. This is due to the fact that Kosher and Sea Salts have larger grains/crystals, hence lower numbers of crystals in 1 teaspoon.¹

You may use the below list to swap out high salt foods for healthier options:

High Salt/Sodium Foods	Low Salt/Sodium Alternatives
Bacon, sausage, frankfurters	Low sodium meats, poultry, seafood and dairy
Ramen noodles	Whole-grain Spaghetti or macaroni
Pre-packaged Chips and French Fries	Baked Sweet potato wedges; Baked Potato without added fat; bread fruit or corn chips/wedges
Table Salt (for flavouring during cooking)	Natural herbs and spices; vinegar, citrus
Pizza	Veggie or grilled chicken pizza with cauliflower or whole grain base
Salted nuts	Unsalted/ fresh nuts
Cup soup	Homemade chicken or fish soup with no salt or pack soup mix
Powdered seasonings	Fresh herbs and spices
Canned beans and peas e.g. Baked beans	Dried peas and beans
Cheese sauce	Vegetable sauce
Canned vegetables	Fresh and frozen vegetables
Processed cheese	Low-sodium, natural cheese; Goat cheese
Cold cuts and lunch meats	Low salt/sodium free meats and turkey or chicken breast
Canned meats, poultry and seafood	Fresh cuts of meat, poultry or seafood
Packaged macaroni and cheese	Fresh baked mac and cheese with low-sodium cheese
Salad dressing	Lemon, lime or orange juice; olive oil/vinaigrette
Crackers and tortillas	Whole grain, salt free biscuits and crackers

High Salt/Sodium Foods	Low Salt/Sodium Alternatives
Canned soups	Homemade soups without added salt
Breads	Whole grain, low-sodium breads
Pretzels	Unsalted pretzels
Condiments (soy sauce, teriyaki sauce)	Lemon juice, Fresh tomato sauce/ freshly diced tomatoes or vinegar for flavoring
Pre-packaged cakes and pies	Low salt versions or homemade without salt



References

1. American Heart Association. (2018). *Sea Salt vs Table Salt*. Retrieved from <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium/sea-salt-vs-table-salt>



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Hearty SWAPS

to reduce
SALT

