

What can you do?

Remove the salt shaker from the table, or substitute it with fresh herbs and spices. Reduce the amount added during cooking. If the food still tastes good, the salt is still too high. When your food tastes bland to you, then you have reduced the salt.

If you gradually add less salt, your taste buds will adjust (after only about 3 weeks) and you will not notice the difference. Sea salt, rock salt and garlic salt have the same negative effect as table salt and should all be avoided.

Most sauces and acharas used at the table are also very high in salt, e.g. Pachranga, chilli sauces, tomato ketchup and soy sauce. Look for reduced-salt versions or use less.

When cooking, do not add salt to the water used for cooking vegetables, pasta and rice. Add herbs and spices to boost the flavour. Reduce high-salt snacks such as nachos, chips, french fries, salted nuts, and South Asian snacks such as namkeen, Kurkure, and pakoras.

Frozen Peas	
Serving Size ½ cup	
Servings Per Container about 3	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 125 mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 6g	22%
Sugars 5g	
Protein 5g	
Vitamin A 15%	Vitamin C 30%
Calcium 0%	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

Check food labels when you are in the grocery store. Find the Sodium and aim for less than 10% DV

Butter and ghee are both high in salt and fat. Cut these out of your cooking by replacing them with olive, or canola oil.

Choose fresh fruits, vegetables, low-fat dairy and natural foods prepared from home.

Using herbs and spices – both fresh and dried – in your cooking is one of the best and most flavourful ways to help you lower your salt intake.

Enjoy seasoning your foods with herbs and spices

