

# HEALTHY EATING TIPS CARD

## HOW MUCH SALT CAN WE EAT?

Sodium is a major electrolyte in the body and helps to maintain extracellular fluid balance. However, excess dietary intake is associated with blood pressure elevation<sup>1,2</sup>



### RECOMMENDATIONS ON DAILY INTAKE:

- The World Health Organization recommends a maximum intake of 2,000 mg sodium for adults daily<sup>3</sup>
- According to the Chinese Dietary Reference Intakes, the daily proposed sodium intake for children aged 4 to 6 should be < 1,200 mg<sup>4,5</sup>
- For children aged 2 to 3 years old, try to avoid adding sodium-containing seasonings to their foods<sup>4</sup>

### 2,000 MG SODIUM IS EQUIVALENT TO:<sup>2,6</sup>



Note: 1 flat teaspoon = 5 g/mL and 1 flat tablespoon = 15 g/mL

### TIPS TO REDUCE SODIUM INTAKE:



#### CONDIMENTS AND SEASONING<sup>2,4,7</sup>

- o Choose more: Natural herbs and spices such as ginger, spring onion, garlic, pepper etc.
- o Choose less: Salt, soy sauce, fish sauce, chicken powder, fermented bean curd etc.

#### INGREDIENTS<sup>2,7</sup>

- o Choose fresh produce over processed and preserved foods, such as luncheon meat, salted fish and pickles



#### NUTRITION LABEL<sup>7</sup>

- o Check labels when choosing pre-packaged foods and beverages, compare and select products with low sodium content



Low sodium = solid/liquid food containing  $\leq 0.12$  g of sodium per 100 g/mL of food as per Hong Kong food labelling requirements<sup>8</sup>

References: 1. HK Centre for Food Safety. Nutrient information inquiry. Available at: <https://www.cfs.gov.hk/english/nutrient/nutrient.php>. Accessed on 02Apr2019. 2. HK Department of Health. HK reference framework for hypertension care for adults in primary care settings – Module 5. 2011. 3. The World Health Organization. Guideline: sodium intake for adults and children. 2014. 4. HK Department of Health. Nutrition guidelines for children aged 2 to 6. 2018. 5. Chinese Nutrition Society. Chinese DRIs Handbook. 2013. 6 HK Department of Health. Less salt for better health. Available at: [https://www.chp.gov.hk/files/her/less\\_salt\\_for\\_better\\_health\\_infographic.pdf](https://www.chp.gov.hk/files/her/less_salt_for_better_health_infographic.pdf). Accessed on 02Apr2019. 7. HK Department of Health. Healthy eating meal plan for adult woman. 2015. 8. HK Centre for Food Safety. Technical guidance notes on nutrition labelling and nutrition claims. 2016. WYETH® is a registered trademark of Wyeth LLC. Used under license. For healthcare professionals' reference and distribution. WYE-PM-083-MAY-19.

