Did you know? Most of the sodium we eat comes from the salt added to processed foods; all packaged foods will have additional salt added as a preservative.

A diet should aim for less than 400mg of sodium (salt) per 100g.

A diet should aim for 7.5g of fibre per 100g.

When talking about heart disease, people generally focus on fats and sugar. Controlling one's intake of salt and increasing intake of fibre, however, can play an equally large role in its prevention.

Eating too much salt can lead to high blood pressure (hypertension). Having high blood pressure can increase your risk of a stroke, kidney problems and heart disease. If you have high blood pressure (or a family history of high blood pressure), having too much salt can make it worse and increase your risk of developing it.

It is important to include a variety of high-fibre food (particularly food containing soluble fibre) in your diet. Soluble fibre, which is commonly found in fruit, vegetables, oats, lentils and other legumes, helps lower cholesterol levels and control blood sugar levels.

HEALTHY EATING
HIGH BLOOD PRESSURE
• CS#1 NUTRITION •

Do:

- Choose low, reduced or no added salt products.
- Eat plenty of fresh fruit and vegetables.
- Try to make your own stock from chicken bones or vegetables skins.
- Choose high-fibre cereals or breads e.g. rolled oats.
- Use herbs and spices to season food e.g. chilli, coriander, parsley, garlic, cumin.
- Choose unsalted nuts as snacks.
- Always check the nutritional information panel and ingredients list at the back of food packaging for hidden salt in food.
- Drink plenty of water.

Don't:

- Eat high amounts of high-salt snack foods such as chips or salted popcorn.
- Eat too many processed foods, especially processed meats, packet soups, stocks and gravy.
- Eat too much takeaway food, as you have no control over how much salt is added to the meal.

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