

SALT AWARENESS



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*Inspiring excellence, transforming lives
through quality, impact, and care.*



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WHY SALT MATTERS

- Salt is an essential nutrient that provides your body to perform important functions like keeping your body at the right amount of water, allowing your nerves to send messages, helping your muscles to flex and relax, and making it easier for your body to digest and absorb the food you are eating.



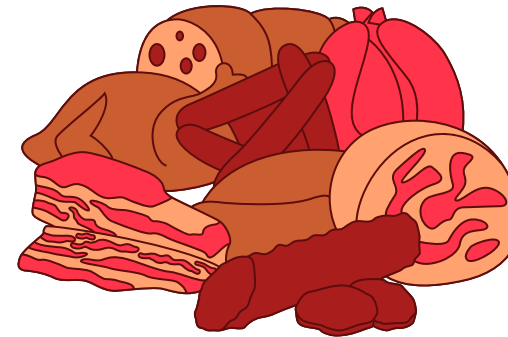
Too much salt can lead to

- High blood pressure
- Increased risk of stroke
- Kidney problems
- Bloating, puffiness, headaches
- Thirst & weight gain



- **Where is all the salt hiding?**

- Pizza, burgers, fast foods
- Canned soups, instant noodles, and sauces
- Processed meats
- Cheese and dressings
- Chips, pretzels, flavoured snacks, cereals, cookies





Tips to consume less salt

Choose fresh

- Grab fresh fruit, veggies or plain frozen veggies
- Pick fresh chicken, fish, meat over processed
- Rinse canned beans or veggies under water to wash away extra salt

Cook smarter at home

- Use herbs, spices (paprika), garlic, onion, lemon/lime, pepper over salt
- Use less salt when cooking rice, pasta, or oats
- Cut the salt in the recipe in half



HABITS

Tips to consume less salt

Swapping smart snacks and meals

- Fresh fruit, unsalted nuts or yoghurt instead of chips
- Make your own sandwiches with fresh ingredients
- If ordering takeaways: Ask for no added salt or sauce on the side

Let go of the shaker habit

- First taste your meal before adding salt to it
- Keep the salt-shaker off the dining table/close to you while eating
- Try low-salt versions of your favourite snack gradually



- Visit Eat&Succeed UFS website for more budget friendly and healthy snack tips
- For more information:
 - Heart & Stroke Foundation SA
 - https://heartfoundation.co.za/media_releases/salt-awareness-week-2025/

