

Guideline in choosing food with less salt when eating out

- Ask for less salt or MSG in your food.
- Avoid soupy food such as instant noodles and mee bandung.
- Avoid fried food containing salted fish, fried vegetables with salted fish and tinned food.
- Choose white rice over biryani rice, tomato rice or fried rice.

Food with high salt content

Type of food	Salt content (per 100 g)
Sauce flavouring agent <ul style="list-style-type: none"> • Soy Sauce • Tomato ketchup • Oyster sauce • Preserved Soya beans 	1000-5000mg
Vegetable or stock cubes	> 3000 mg (1 cube = 700 mg)
Salad Sause <ul style="list-style-type: none"> • Mayonis 	>1000mg
Tinned food	500-1500mg
Preserved food <ul style="list-style-type: none"> • Salted egg • Salted fish • Pickled fruit • Shrimp paste • Preserved shrimp sauce 	500mg 1500mg >1000mg 1400mg 4000mg

* mg = miligram

Excess salt increases the risk of high blood pressure



healthy eating



- 1 Minimise sugar
- 2 Minimise salt
- 3 Minimise oil
- 4 More fruits
- 5 More vegetables

HEALTHY EATING SERIES

Reduce SALT



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Be Healthy For Life

Reduce salt

What is salt?

Salt is a substance that gives a salty taste to food. It is available in fine or coarse form, and is added to food or is a hidden ingredient in soy sauce, ketchup, preserved soya beans, mayonnaise, cheese, salted fish or in seasoning powder and stock cubes.

Do we need salt?

Salt is needed to:

- i) control the balance of body fluids.
- ii) maintain proper muscle and nerve control.
- iii) help maintain normal blood pressure.

REMEMBER! Excessive salt intake can increase the blood pressure of certain individuals at risk.

How much salt is needed?

We need less than 6 grams (1 teaspoon per day), including hidden salt.

Tips for Reducing Salt Intake

- √ Use natural ingredients such as lime juice and spices.
- √ Reduce the use of salt, artificial flavouring, soy sauce and preserved soya beans in cooking.
- √ Reduce the consumption of processed foods such as tinned food, sausages, burgers and instant noodles.
- √ Reduce the use of mayonnaise and cheese in food preparation.

- √ Reduce salty snacks such as crisps and salted nuts.
- √ Reduce preserved food such as salted fish, salted eggs, shrimp paste, fermented shrimp sauce, fermented anchovy sauce, pickled fruit and pickled vegetables.
- √ Read food labels and avoid buying food which are rich in sodium chloride and monosodium glutamate (MSG).
- √ Limit salt intake to 1 teaspoon (6 g) per day.

