

No 211

June 2018

Salt Skip News

Published in the public interest on the web at www.salt-matters.org

The **business address** of the Salt Skip Program is Queensland Hypertension Association
PO Box 193, Holland Park, QLD 4121, Fax (07) 3394 7815.

Use the **editorial address** when writing about the newsletter—see the panel on page 4.

Australia Produces Tons and Tonnes of Salt

Did you know Australia is the biggest exporter of salt in the world, but most of our salt will never be consumed?

Market monitor, IBISWorld, recently took a look at Australia's salt industry and reported:

Key Points:

- ✘ Of the 12.2 million tonnes of salt expected to be produced in Australia in 2017-18, only a small fraction will be used in food manufacturing.
- ✘ Most of the salt produced in Australia is supplied to the international chemical industry.

"In 2016-17, Australian table salt exports were worth \$5.2 million, accounting for less than 2 per cent of Australia's total salt exports," IBISWorld Senior Industry Analyst James Thomson said.

At the other end of the market, gourmet and small-batch salt producers were "experiencing rising demand".

Mr Thomson said that demand was driven by growth in the restaurant industry and consumers "becoming increasingly conscious about the quality and origins of their produce". **Source: www.abc.net.au**

How you can help...

Please write to your local Member of Parliament to put pressure the food industry to reduce salt content in food overall.

Dietary Approach To Stop Hypertension ~ DASH Explained

You may or may not have heard of it but it's been voted the healthiest diet in the world according to lots of dieticians around the globe.

Simply, the DASH diet revolves around eating whole grains, fruit and vegetables, eliminating salt (for Salt Skippers) and a low-to-moderate fat intake.

A growing body of evidence suggests DASH is also helpful in aiding and improving the management of hypertension and a range of other health issues.

Following the DASH diet's principles and eating a nutrient-rich yet calorie-dense diet has also been shown to be helpful in promoting weight loss and maintenance.

First developed from research carried out by the US National Institutes of Health (NIH) the DASH diet is still relatively unknown in Australia because it doesn't promise any shortcuts or diet secrets.

With no celebrity "wow" factor or social media backing the DASH diet relies on

DASH Explained (cont.)

its scientific background, factual dietary evidence and research statistics to gather momentum.

With very similar principles to the Australian healthy-eating guidelines, DASH places a greater emphasis on eating fruit and vegetables, nuts and seeds.

Following the DASH guidelines

The DASH approach is minus the strict rules on what you can and can't eat while dieting. Instead, DASH provides guidelines on how many servings of each food category you should consume every day.

With a recommendation of 6 – 12 servings of whole grains, 4-6 servings of fruit and vegetables, 2 servings of lean meat and 3 servings of low-fat or non-fat dairy foods dieters won't be left hungry. DASH is all about *what you eat* and *portion size*.

Excellent sources of whole grains include brown rice, quinoa and oatmeal.



Size Matters

Portion control is very important when following the DASH diet.

In Australia, it depends greatly on what food you are consuming. By example, a standard serve of vegetables is 75g, or half a cup of green or orange, cooked vegetables or one cup of green leafy or raw salad vegetables.

A helpful resource on Australian standard serving sizes can be found at www.eatforhealth.gov.au.

Shopping for DASH Dietary Items

Forget the majority of the supermarket aisles for DASH-friendly food items. Instead frequent fresh food markets, farmer's markets, regional country markets or even go online for organic produce delivered to your door.



If you have no option but to shop at the local supermarket take a magnifying glass with you to read food labels for sodium content. Invariably, the lighting will be not quite strong enough to read the often tiny print on food labels.

When shopping at supermarkets readers will quickly discover there are very few products available that are below the recommended daily amount for sodium intake for the primary prevention of hypertension, i.e. 2400mg or 1 teaspoon of salt per day.

DASH staples include grains - porridge or oatmeal, brown rice and quinoa; any fruit and vegetables, lean meat and low-fat or no-fat dairy foods.

Just stick to the portion sizes!

www.salt-matters.org Read All About It

The updated www.salt-matters.org website contains a wealth of information for Salt Skippers including how to obtain a copy of the book "Salt Matters", written by the Late Dr Trevor Beard OBE, a terrific resource and *must-have* lifestyle guide.

Become a Salt Skipper

And wonderful news! Back copies of Salt Skip News are now available under the "newsletters" tab on www.salt-matters.org.

US Menu Labelling Laws Enacted

Will our Australian Government follow the US recent initiative by introducing menu labelling laws in this country?

After years of collective campaigning food nutritional labelling is now mandatory in US chain restaurants, movie theatres and for food prepared in supermarkets and convenience stores.

In addition to calories on US restaurant menus, information about sodium, saturated fat, sugars, and other nutrients is now available in writing, and menus and menu boards are required to put the calorie numbers into context with the statement that “2,000 calories a day is used for general nutrition advice, but calorie needs vary.”

US menu labeling will allow people to make informed choices when eating out. But will we see the same initiative here in Australia?

Have A Few Tricks Up Your Sleeve – How Chefs Can Avoid Cooking With Salt

Are Aussie restaurants chefs trying to reduce the sodium content of the food they prepare for patrons?

In addition to the health benefits, skipping the salt will result in better tasting food as chefs experiment with exotic herbs and untraditional preparation methods.

Tricks for chefs

Here a few tricks chefs’ could use to incorporate more flavour, and less salt, in their restaurant cooking.

1. Use fresh tomatoes instead of tinned.
2. Use garlic to add flavor to meals.
3. Swap salted butter for unsalted butter. Or try flavoured salt-free oil.
4. Use fresh poultry versus traditional processed deli poultry or Cryovac bulk packs.
5. Skip the processed additives and pre-packaged condiments.

6. Cook with wine and vinegar instead of soy or teriyaki sauce. MYO gravies.
7. Try any of these high flavor and low in sodium ingredients: fresh garlic, fresh onions, black pepper, fresh ginger, celery seed, cumin, turmeric, saffron, paprika, mustard powder, chili powder, fresh herbs - rosemary, dill, parsley, mint, tarragon, basil, oregano, curry leaves and ground coriander, cinnamon, cloves, and allspice seeds.
8. Use lemons and limes to add zest to dishes.
9. Think outside the square – get creative and use marmalade to flavour pork, make your own salt-free mint sauce.
10. Just remember to read food labels – the definition of “low salt” is less than 120mg of sodium per 100g.

Wise Words...

“Trees are, after all, our largest and oldest living things. They are Australia’s natural, national treasures – the true elders of our vast continent” ~ Richard Allen.

We’re all members of the outback club. We don’t back down and we don’t give up. We’re all living in a land we love” ~ Lee Kernaghan.

“I have no fear of losing my life – if I have to save a koala or a crocodile or a kangaroo or a snake, mate, I will save it” ~ Steve Irwin.

“After all, what are we singers but the silver-voiced messengers of the poet and musician?” ~ Dame Nellie Melba.

“I know I belong here (in Australia), it’s not so much that the land is yours as you belong to the land” ~ Jack Thompson.

“It is not that I fear death; I fear it as little as to drink a cup of tea” ~ Ned Kelly.

“If you are not part of the solution, then you are very much a part of the problem” ~ Angry Anderson.

“My father, Big Max, told me many years ago that anything you are good at will contribute to your happiness. Great advice” ~ Max Walker.

Please send us your Salt Skip news, tips and salt-free or low sodium recipes... email to Malcolm.Riley@csiro.au. Thanks!

SALT SKIP NEWS
No 211

June 2018

Page 4 of 4

Salt Skip Program
editorial address:
Malcolm Riley
47 Coburg Rd, Alberton
SA 5014

Email:
Malcolm.Riley@csiro.au

Salt Skip News will
continue to be distributed
in hard copy in The BP
Monitor (QHA Newsletter)

**BP Monitor with Salt
Skip News** is published
every 2 months, from
February to December (6
issues a year) and printed
by Snap Printing, Felix
Street, Brisbane.



print design websites

Butter-Braised Brussels Sprouts



Ingredients: (Serves 4 and ideal with roasted meats or steaks)

600g Brussels sprouts, halved, outer leaves removed
60g unsalted butter
¼ cup (60ml) water

Method:

1. In a large frying pan (with a lid) over medium heat, add Brussels sprouts, 60g unsalted butter and ¼ cup (60 ml) of water. Bring to a simmer.
2. Cover and cook, stirring occasionally, for 5 minutes or until water evaporates and Brussels sprouts are crisp-tender.
3. Uncover and cook, tossing occasionally for 5 minutes or until caramelised, golden brown and tender.
4. Serve and enjoy!

At Salt Skip News, we are always interested to hear from readers. Please send us your Salt Skip news, tips and salt-free or low sodium recipes... please email to Malcolm.Riley@csiro.au

BP Monitor with Salt Skip News is published every 2 months, from February to December (6 issues a year). This newsletter is not a substitute for health and medical advice. Readers should always seek the advice of a qualified health professional regarding their health or a medical condition.

Salt Skip Editorial Committee: Prof Michael Stowasser (Director, Hypertension Unit, University of Queensland Diamantina Institute, Princess Alexandra Hospital, Brisbane), RN Cynthia Kogovsek (Hypertension Nurse, Hypertension Unit, Greenslopes Private Hospital, Brisbane), Genevieve James-Martin, Gemma Williams (Dietitians, CSIRO Health and Biosecurity, Adelaide) and Fran Williams, (QHA Committee Member, Sunshine Coast). Text drafted (edited where other authors are named) by Dr Malcolm Riley, Nutrition Epidemiologist, CSIRO. Printed by Snap Printing, Felix Street, Brisbane.