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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.

Children can learn ways to significantly reduce salt usage

Children talk with parents about using salt, resulting in fewer homes with a salt shaker on the table, according to a new study funded by the Heart Foundation. The study has been published in the *Journal of Nutrition Education and Behaviour*.

More than 100 children were recruited from six primary schools of varying socioeconomic levels located in Victoria, Australia.

Prior to the start of the study, participants completed a survey on salt-related knowledge, attitudes, and behaviours. Additionally, they were instructed on how to collect their urine for a period of 24 hours. Students then took part in a five-week intervention that included web-based interactive education sessions that they completed at home.

Key Points:

- ✚ Consuming excessive salt during childhood is associated with cardiovascular health risk factors, yet the effectiveness of education and behaviour-based strategies to lower salt usage among children has not been fully researched.
- ✚ The study found that a web-based salt education program improved salt-related knowledge, self-efficacy, and behaviours among children ages 7-10 years.

20 minute lessons

The 20-minute lessons presented three key messages: stop using the salt shaker, switch to low-salt foods by checking food labels, and swap processed salty-foods for healthier low-salt alternatives.

The detective-themed stories included animated comics, interactive activities, and video content. Support material included a printed detective logbook and parental resources. On completing the lessons, students took an online survey related to dietary salt and completed a second 24-hour urine collection.

“Eating salty foods during early life increases taste preference for foods rich in salt that may lead to greater lifetime intake of salt,” said lead author Dr Carley Grimes from the Institute for Physical Activity and Nutrition at Deakin University, Australia.

“Product reformulation of lower-sodium foods is an integral component of population-wide salt reduction efforts, but behaviour-based strategies such as reading food labels to select lower-salt foods can be taught to children.”

Significant improvement occurred in children’s overall knowledge, behaviour and self-efficacy scores and no change in attitude score that measured the importance of using salt to make food tasty.

Aussie Initiative: Reducing Salt Consumption

“Victorian Health (VicHealth) and The Heart Foundation have combined efforts to launch “Unpack the Salt” an initiative aimed at reducing the high amount of salt hidden in the food Australian’s consume.

Unpack the Salt

An analysis of 2215 cooking sauce products sold in the major supermarkets in the past seven years by researchers at the George Institute for Global Health found a massive variation in salt levels.

The study was released to mark the launch of the “Unpack the Salt” campaign, led by VicHealth and the Heart Foundation.

Kellie-Ann Jolly, chief executive of Heart Foundation Victoria, said high blood pressure could lead to a stroke or heart attack.

“We know in a number of foods the salt is hidden, and you can’t see the added salt or taste it, which means you’re unaware of how much salt you’re actually eating,” she said.

“We’ve launched ‘Unpack the Salt’ to help consumers understand the health impacts and to help families reduce their salt intake helping them read labels, giving recipes and tips and tricks.”

Six times more Victorian people killed by salt than road crashes

About 75 per cent of salt in Victorians’ diet comes from processed foods, VicHealth CEO Jerril Rechter says.

“We know Victorians eat far too much salt, putting them at risk of high blood pressure, heart disease and strokes,” Ms Rechter said. “Salt kills six times more Victorians than the annual road toll.

“If we reduced our salt intake by just three grams – which is less than a teaspoon – per day, we would save 800 lives from stroke and heart attacks.

Become a Salt Skipper

Grant money for food producers to reduce salt

GRANTS of up to \$25,000 are available to help start-up and SME food producers reduce salt in their products.

The grants will draw down from a total pool of \$300,000 provided by Food Innovation Australia Limited and VicHealth, for food manufacturers with a Victorian footprint.

The money is dollar-for-dollar funding matched to the food maker’s contribution, to help reformulate existing products or create a new range with reduced salt.

There is support available to help businesses reformulate their foods, connecting food manufacturers with an expert to support their project. Experts are available to assist with grant applications.

Applications open July 1, 2018, with a rolling assessment until December 31, 2018.

Details: <https://fialdev.net/web/building-healthier-food/funding>



Source: www.unpackthesalt.com.au.

SSN Last words...

Why is it that supermarkets introduce terrific low sodium products, we buy them like crazy and then notice they are on “run-out” prices before they disappear altogether from the shelves?

The latest is Kerrygold Pure Irish Unsalted Butter. Have the leprechauns run away with “the greenest grass”, “the happiest cows” and “dedicated farmers” all the way back to the Emerald Isle? Watch this space; we have emailed Kerrygold to ask if there are shenanigans afoot.

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

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

Email:
Malcolm.Riley@csiro.au

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Winter Warming Soup



Ingredients: (Serves 6, cooking time 25 minutes)

2 tbsps olive oil
2 leeks, white and pale-green parts only, halved lengthwise, sliced
2 celery stalks, sliced
1 medium carrot, diced
2 garlic cloves, minced
Pinch of chili flakes (optional)
3 cups (750ml) home-made vegetable stock or Campbell's Free
Range Vegetable Stock (No added salt, No MSG – created by Manu
Feildel, available at Coles)
1 ½ cups (375ml) water
1 small butternut pumpkin, finely cubed
1 potato, finely diced
2 tbsps lemon juice
Ground pepper
2 tbsps fresh thyme

Method:

Heat oil, in a large saucepan, over medium-high heat. Cook leeks, celery, garlic, chili flakes (if using), stirring occasionally for 5 minutes, or until leeks are translucent and vegetables are tender. Pour stock and water into the pan, and bring to a boil. Add pumpkin and potato. Return to a boil. Reduce heat to low and cook on a gentle simmer, covered for 20 minutes, or until vegetables are tender. Stir in lemon juice and half of the thyme. Season to taste with pepper before serving, garnished with rest of the thyme.

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.