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

Christmas Edition: Should Salt Shakers Carry Tobacco-Style Health Warnings?

Yes, Christmas is upon us... Salt Skip News would like to take a moment to wish Readers the compliments of the season and good health. Hoping everyone has a joyous and Happy Christmas 2019 and they are visited by Santa and his reindeers. The SSN Committee also wish you the very best for the 2020 New Year.



New Research From The World Hypertension League Indicates:

Salt sold in supermarkets and salt shakers in restaurants should be required to carry a front-of-pack, tobacco-style health warning, according to The World Hypertension League and leading international health organisations.

In a position statement published in the Journal of Clinical Hypertension, Lead Author Dr Norm Campbell, former President of the World Hypertension League, said it was time for a more hard-hitting approach to dietary salt reduction.

“Unhealthy diets are a leading cause of death globally and excess salt consumption is the biggest culprit, estimated to cause over 3 million deaths globally in 2017.”

“The World Health Organization established a target for countries to reduce sodium intake by 30% by 2025, and governments and the food industry have been working together to reduce salt in processed foods. However, urgent action now needs to be taken to raise consumer awareness of these dangers,” added Dr Campbell.

“Although many countries have started to look at a variety of public health measures to encourage people to eat less salt, we’re not aware of any that have required actual containers of salt to have warning labels,” he said.

Jacqui Webster, Director of the World Health Organisation Collaborating Centre on Population Salt Reduction at the George Institute for Global Health, commented “Eating too much salt increases people’s blood pressure which is one of the biggest contributors to premature death from stroke or heart disease.”

Salt? No Thanks!

Should Salt Shakers Carry Tobacco-Style Health Warnings?

~ Continued:

“Although most countries require sodium levels on labels in processed foods, they are difficult for people to interpret and don’t warn of any health risks.”

“Health warnings on salt package and dispensers would be a simple, cost-effective way of conveying the dangers of salt to billions of people worldwide,” she added.

“Most people aren’t aware that the amount of salt they are consuming is raising their blood pressure and shortening their lives,” said Dr Tom Frieden, President and CEO of Resolve to Save Lives, an initiative of Vital Strategies. “Warning labels on packaged foods and menus can help people make healthier choices. Adding warning labels to all salt packaging is another way to make the healthy choice the easy choice.”

The authors proposed the following wording for the warning: *“Excess sodium can cause high blood pressure and promote stomach cancer. Limit your use.”*

Signatories to the position statement include World Hypertension League, Resolve to Save Lives, World Health Organization Collaborating Centre on Salt Reduction, The George Institute for Global Health, World Action on Salt and Health (WASH), Consensus Action on Salt and Health (CASH), World Health Organization Collaborating Centre for Nutrition, University of Warwick, Hypertension Canada, and the British and Irish Hypertension Society.

Skip the Salt



Happy Christmas to Readers



Christmas Facts You Never Knew

1. In parts of Eastern Europe, it’s customary to keep a live fish in your bathtub in preparation for the Christmas Eve feast. Why? Some suggest it’s because the Carp is one of the oldest fish species and indispensable to the fishing industry in this part of Europe. Though mentions of Carp dishes can be found as far back as the 17th century, it wasn’t until the 19th century that it became widespread, as fish was a luxury, and most common folk ate predominantly non-meat meals.
2. The famous Christmas song, “Jingle Bells” was actually written for Thanksgiving. James Lord Pierpont originally titled the song “One Horse Open Sleigh” and performed it at his church’s Thanksgiving service in the mid-nineteenth century. Then, in 1859 the song was republished under the name “Jingle Bells”.
3. An old story dating back to the third century Byzantine Empire (today known as Turkey) suggests that St. Nicholas would throw coins down the chimneys of poor women who couldn’t afford dowries. The legend continues that the money would land in stockings that were hung over the fire to dry.
4. The Gospels leave specific dates and even seasonal references to Jesus’ birth out, but mention shepherds tending their flocks when Jesus was born. This leads some to believe that he was more likely an Aries (Spring) than a Capricorn (Winter) baby, as Spring is the season when lambs tend to be born. **Source:** Readers Digest



Stacking On The Weight? US Study Finds Too Much Salt Might Just Make You Gain Weight

Too much salt has long been linked to high blood pressure. In fact, one way to help control blood pressure is to reduce your salt intake.



News just in says a US study by Vanderbilt University and published in the *Journal of Clinical Investigation* shows that salt may also be involved in weight gain.

Traditional thinking has been that salty foods make people drink more water, but the Vanderbilt University researchers found that it actually reduces thirst and make people more prone to overeating, weight gain and even metabolic syndrome, which can lead to diabetes and other serious conditions.

Packaged Foods With High Salt Content

- Smoked and cured meats
- Frozen dinners
- Canned meals
- Salted nuts and seeds
- Processed cheeses
- Crackers, biscuits and croutons

Since most Americans eat 50% more salt than is recommended on a daily basis, it's more important than ever to find ways to cut back. The same applies in Australia where we eat about [10 grams of sodium](#) per day.

Salt Skip News

We are always looking for lifestyle tips and salt-free or low sodium recipes to pass onto readers... Please email to: Malcolm.Riley@csiro.au.

Become a Salt Skipper

Key Findings:

In the US, in addition to packaged and deli meats, some canned and frozen foods, from beans to vegetables, can have very high salt levels, so Americans are advised to always read labels (same applies in Australia). Foods you may not associate with being salty could still have sodium in the ingredients. Look for no-salt-added brands. When that's not possible, rinse the food under cold running water to remove as much salt as possible.

When cooking and seasoning foods, replace salt—including garlic salt and onion salt—with herbs and spices.

At restaurants, ask the chef to limit the salt in your food and reach for the pepper, not the salt shaker, if a dish needs more seasoning.

Give yourself up to eight weeks to undo a salt habit. Once you lose your taste for it, you'll also find it a lot easier to taste when foods have too much salt in them.

Source: www.medicalexpress.com

How Do We Get Our Aussie Chefs To Skip The Salt?

Out of sheer frustration, SSN is appealing to readers for ideas on how to get our Chefs to skip the salt added to our Aussie food.

Dining out is supposed to be a pleasurable experience – *well it's not*. 9 times out of 10 special no-salt requests are misunderstood. Restaurants, clubs and pubs serve up meals that are high in salt. Is this an education issue? Do Chefs not know about the dangers of a daily diet high in sodium? Do they know what the recommended daily intake of sodium guidelines is?

Salt is added to enhance the flavour of food - but it's added to almost everything served up on restaurant plates. For instance:

1. Sauces, whether they are "on the side" or not, including gravy, dressing and even condiments are all extremely high in sodium!
2. Salt is added in marinades, stocks and even pre-added to food on plates.

SSN Readers please tell us your ideas on how to get our Aussie Chefs to Skip the Salt? E: info@hypertensionqueensland.com.au

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Drunken Prunes



Easy to make, Drunken Prunes could be ideal Christmas presents (for the adults, that is) My elderly Dad would call them “Mother’s Ruins” and if you ate all 16 Servings at once you may well be *ruined* for Christmas!

Ingredients:

2 heaped teaspoons Darjeeling or other black tea leaves or bags
2 cups boiling water
½ cup packed raw sugar
1 ¼ lbs or 570 gm pitted prunes
1 cup Armagnac or cognac
1 vanilla bean, cut in half

Method:

Stir tea and water in a small bowl. Let steep for 5 minutes. Strain into a medium saucepan, stir in sugar. Bring to the boil over high heat, boil until slightly thickened (about 2 minutes).

Place prunes in a large bowl, stir in hot syrup. Set aside to cool (about 1 hour).

Drain prunes, reserving liquid separately. Whisk Armagnac or cognac into the liquid. Pack half the prunes into 2 sterilised jars. Nestle half the vanilla bean in each jar. Pour ½ cup of the Armagnac mixture into each jar. Seal and turn jars upside-down to blend ingredients. Set right-side up and store in the refrigerator for 1 week to plump.

Tip: Refrigerate the prunes in sealed jars for up to 2 months. When giving, include a card with serving suggestions: “Spoon these ‘Drunken Prunes’ over low sodium vanilla frozen yogurt, thickened cream or plain yogurt.”

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.

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