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

2020: A New Decade But What's On The Salt Skip News Wish List?

Wish No. 1: Higher Penalties Aimed At Food and Beverage Producers Not Meeting Sodium Reduction Targets

One can only hope that the Australian health and food regulators will act for the future of all Australians' health and curb the high levels of sodium the population is currently consuming.

The dangerous levels of sodium added to the food and beverages we consume have probably contributed to the increase in body shape and size of the average Australian.

For instance, average Australian women are now considered to be a Size 14 instead of a Size 10 or 12 nominated just a few years ago.

The **average Aussie woman** was 161.8 cm tall and weighed 71.1 kg. On **average**, Australians are growing taller and heavier over time. Between 1995 and 2011-12, the **average height** for men increased by 0.8 cm and for **women** by 0.4 cm, while the **average weight** for men increased by 3.9 kg and for **women** by 4.1 kg.

Source: <https://www.abs.gov.au/ausstats>

Salt? No Thanks!

**A Happy New Year 2020
to all Salt Skip News
readers and colleagues.**

Wish No. 2: Supermarkets Re-Visit No Added Salt And Low Sodium Products

Salt Skippers will know supermarket shopping is pointless unless you are buying basic staples e.g. milk, meat or vegetables. But you still need to read the Nutritional Information Panel (NIP) to find sodium content for basic staples.

A few years ago, supermarkets carried some No Added Salt (NAS) and Low Sodium (LS) options. Unfortunately, once a line didn't meet the retail supermarket's sales or profit margins – it was cut from the shelves.

Remember when we could buy?

- Coles Sliced Mushrooms (NAS)
- Coles Salmon (NAS)
- Heinz Baked Beans (NAS)
- Solomon's Matzo Bread (NAS)
- Thomas Chipman NAS Potato Chips
- Maleny Cuisine range of LS relishes, chutneys and sauces
- And so much more!

2020: A New Decade But What's On The Salt Skip News Wish List? ~ Continued:

Wish No. 3: Nutritional Information Panel Education

Nutritional Information Panel (NIP) labels are widely in use – but does anyone bother to read them or understand how to accurately read them? And does anyone carry a magnifying glass and a light so that you can read labels with tiny writing in artificially lit supermarkets?

Or should food and beverages, that are high in sodium content, be regulated to carry a specific warning?

Health Warning: Products with a sodium content level of higher than 120g per 100g serving may cause elevated blood pressure and promote other chronic diseases. Limit your use.

Education begins at home – but it wouldn't hurt to add specific sodium consumption and NIP modules into the primary and secondary education school curriculum.

Suggestion for a Government-led project? Media advertising aimed at understanding how to use a Nutritional Information Panel (NIP) to make healthy food and beverage choices.

Tertiary education providers could include mandatory sodium content and NIP education and training, for all food and beverage preparation and production educational courses, to capture all future apprentice chefs and food and beverage producers.

Author and Salt Skipper: Fran Williams

Skip the Salt

Salt Awareness Week 9 – 15 March 2020

The overall aim is to bring about a reduction in salt intake throughout the world by reducing the amount of salt in processed foods as well as salt added to cooking, and at the table.

How to help raise awareness in your region:

1. Write or email your Local Council Elected Member and State Member of Parliament.
2. Ask your grocery supermarket to stock No Added Salt or Low Sodium products.

See: www.findlowsaltfood.info

Fast Facts: Salt and Medicines

Over 50% of all **drug** molecules used in **medicine** exist as **salts**, most frequently as **hydrochloride, sodium or sulfate salts**.



Therefore, **drugs** are often chemically made into their **salt** forms to enhance how the **drug** dissolves, boost its absorption into your bloodstream, and increase its effectiveness. Beware the sodium content!

Salt and Meat Products

A percentage of **raw meat** and **poultry** products are injected with or soaked in a **salty** solution. The words “**enhanced**,” “**marinated**,” “**basted**,” or “**improved**” on the packaging can signal the presence of **salt**.

To avoid buying **pre-salted** meat products, read the **Nutritional Information Panel (NIP)** wording very carefully.

Solutions That *Are* Worth Their Salt

From relieving rashes to removing stains to restoring household items to their original lustre, salt does have a few good uses. Just don't eat it!

From organic home-cleaning and stain-removal tricks to beauty scrubs and throat gargles, there are so many practical applications for salt, including:

- **Removing wine stains from carpets:**
 - When it comes to red wine spills, it pays to act fast. First, while the stain is still wet, pour some white wine on it to dilute the colour of the stain. Then dab the spot with a sponge and cold water. Next, sprinkle the area with salt, wait about 10 minutes, and vacuum up the whole mess.
- **Cleaning fridges:**
 - Every 3-6 months to keep it looking (and smelling) good and to lift stubborn food stains and smells, scrub the shelves with 1/2 cup of salt mixed with two litres of warm water.
- **Sanitising chopping boards:**
 - Keep bacteria at bay by adding one easy salt-scrub step to your washing routine. For plastic boards used to handle meat, sprinkle bleach and salt on the board, scrub it with a stiff brush, and rinse with hot water. Wood boards can be sanitised using salt, rubbed in with a lemon wedge, then rinsed clean.
- **Remove watermarks from wood:**
 - Glasses or bottles can leave watermarks on wood that really stand out. Make them disappear by mixing 1 teaspoon salt with a few drops of water to form a paste. Gently rub the paste onto the ring with a soft cloth or sponge and work it over the spot until it's gone. Then, restore the lustre of your wood with furniture polish.

Salt Skip News

Have you got a lifestyle tip, salt-free or low sodium recipe to pass onto other readers... Please email your tip or recipe to: Malcolm.Riley@csiro.au.

- **Restore a sponge:**
 - Hand and mop sponges usually get grungy long before they are actually worn out. To revive your sponges to a pristine state, soak them overnight in a solution of about 1/4 cup salt per litre of water.
- **Relieve bee stings:**



- If you get stung by a bee, salt is a natural salve. Immediately wet the sting and cover with salt to lessen the pain and reduce swelling.
- **Chill beverages fast:**
 - Warm softs, beer, and wine can spell disaster for any party host. But if you have salt on hand, chilling those beverages won't take long. Place the bottles and cans in a bucket of ice water and mix in a handful of salt. Once the salt works its magic, the beverages will be cold in no time.



- **Give your lawn a boost:**



- Has the grass on your lawn has seen greener days? For an inexpensive fertiliser, mix two tablespoons of Epsom salt and 4 litres of water in a spray bottle and apply it to the grass. Epsom salt contains magnesium, which boosts a plant's production of chlorophyll—the pigment responsible for their green hue.

Source: www.readersdigest.com

Become a Salt Skipper

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Stuffed Sweet Potatoes



Ingredients:

4 x 200g small sweet potatoes, unpeeled
Spray Olive oil
1 medium, brown onion finely chopped
1 red and 1 yellow capsicum, halved, seeded and diced
1 teaspoon each of ground coriander, chilli powder, smoked paprika
4 medium, ripe tomatoes, roughly chopped
600g canned, No Added Salt Cannellini beans, drained, rinsed
3 cups kale, trimmed and roughly chopped
2 tablespoons lime juice
Fresh coriander leaves to garnish

Method:

1. Preheat oven to 180°C. Line a baking tray with baking paper.
2. Scrub the sweet potatoes, then prick with a fork and place on prepared tray. Cover with foil and bake for 45 minutes.
3. Uncover and bake for a further 15 minutes or until very soft.
4. Meanwhile, spray a large non-stick frypan with Olive oil and set over medium-high heat. Add onion and red and yellow capsicums to the pan. Cook for 4-5 minutes or until softened.
5. Add ground coriander, chilli powder and paprika. Cook, stirring, for 2 minutes. Add tomato, Cannellini beans and water and cook for 5 – 10 minutes or until mixture slightly thickens.
6. Add the kale and cook, stirring occasionally, for about 5 minutes or until the kale is softened. Remove the pan from the heat and stir through lime juice.
7. Slice roasted sweet potatoes lengthways, nearly all the way through. Fill with Cannellini bean mix, garnish with coriander and serve.

Recipe courtesy: The Heart Foundation <https://bit.ly/3auPA58>

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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