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

## All I Want For Christmas is . . . to wipe out the worldwide Pandemic



**Salt Skip News would like to wish our Readers and Colleagues the “Compliments of the Season” and very good health. Hoping everyone has a joyous and “Happy Christmas” 2020. The SSN Committee also wish you a bright and prosperous 2021 New Year.**



### **Foods Low In Sodium**

**With supermarkets choosing not to continue to stock supermarket shelves with products that are low in sodium or identified as no-added-salt in content it is getting harder and harder to stick to a diet that is low in salt.**

**How many times have you noticed the usual products Salt Skippers would purchase are now simply replaced by products too high in sodium content to add to your shopping trolley?**

The good news is CSIRO, Australia’s national science agency, is partnering with Australian food manufacturers and retailers to make it easier for time-poor Australians to choose nutritious ready meals consistent with the successful [CSIRO Low Carb Diet and Lifestyle Plan](#).

**Skip The Salt**

### **68% Less Carbs And 55% Less Sodium**

The CSIRO Low Carb Diet is an energy-controlled, nutritionally complete meal plan that is lower in carbohydrate and higher in protein and healthy (unsaturated) fats. When compared to ready meals currently available in the Australian market, meals displaying the Meal Suitable for the [CSIRO Low Carb Diet](#) mark on average contain 68% less carbohydrate and 55% less sodium\*.

### **The Be Fit For Life™**

[The Be Fit For Life](#) range of meals is scientifically designed to deliver all of the nutrients outlined by the CSIRO Low Carb Diet.

Created by a team of dietitians, each meal is packed with flavour and provides a whole food solution that balances healthy fats, lean proteins and an abundance of low carb vegetables.

The range of meals available contain no preservatives, no added sugar or artificial sweeteners and can be used as a healthy meal option as part of the daily meal plan. Sodium content is low.

**Understanding Food Labels: The [Nutritional Information Panel \(NIP\)](#) indicates the quantity of sodium per 100gm serving. A&NZ Food Standards Code advises food with a sodium content of less than 120mg/100g is “low in sodium.”**

## World Study Reveals Hidden Dangers Of Being Pretty In Pink

**Pink salts may be prettier but a world-first Australian study has found that, despite being touted as healthier, they in fact have low levels of essential nutrients as well as a range of harmful heavy metals.**

Independent research company Nutrition Research Australia (NRAUS) tested 31 samples of pink salts available in Australia and found they were unpredictable and inconsistent.

There was a wide variation in the levels of nutrients found in pink salt, with iron levels ranging between 0 and 17mg/100g and calcium levels ranging between 53 and 574mg/100g.

Pink salt samples with higher concentrations of essential nutrients also had higher levels of heavy metals.

### Pink Salt Warning

More alarmingly, some pink salt samples contained aluminium (up to 19mg/100g) and lead (up to 0.26mg/100g, with one sample exceeding national contaminant levels).

Both are heavy metals that are harmful if consumed long-term or in excess.

All of the Australian-sourced pink salt samples showed lower levels in essential nutrients and non-nutritive minerals, including heavy metals.

While the research found pink salt contains more nutrients than white table salt, consumption needs to exceed the recommended sodium limit by more than 500 per cent before gaining any meaningful contribution to the diet.

The top three nutrients found in pink salt (excluding sodium) were magnesium, calcium and potassium.

But one teaspoon contributed only between one per cent and five per cent of daily needs, and 100 per cent of the maximum sodium limits (5g of salt).

The top three non-nutritive minerals in pink salt were sulphur, aluminium and silicon.

NRAUS CEO Dr Flavia Fayet-Moore said while pink salt contained more minerals than white salt, the amounts were not meaningful and limiting salt intake was in line with World Health Organisation recommendations.

## Pink salt's reputation for being 'healthier' has now been debunked

"Pink salt's reputation for being 'healthier' has now been debunked, with the nutrient level too low and variable for it to be a consistent source of nutrients," she said in a statement.

People would need to consume six teaspoons of pink salt for those nutrients to make a meaningful contribution to their diet, which far exceeds dietary guidelines.

"While pink salt may look prettier ... there are many healthy ways to enhance flavour and add colour to your meal, such as using herbs and spices like paprika, turmeric, cinnamon, saffron and even pink peppercorns," she said.

Source: <https://7news.com.au/lifestyle/food/its-time-to-rethink-pink-salt-study-c-1419572>

## Celebrity

Many celebrities have a daily battle with or have succumbed to health issues, including Meniere's, Kidney Disease, Mental Health Issues, Diabetes, Heart Disease and more:

- [Halle Berry](#) (Actress)
- [Aretha Franklin](#) (Musician)
- [Tom Hanks](#) (Actor)
- [Chaka Khan](#) (Musician)
- [Billie Jean King](#) (Athlete)
- [Larry King](#) (Entertainer)
- [Patti LaBelle](#) (Musician)
- [Theresa May](#) [Politician]
- [Peggy Lee](#) (Musician)
- [Huey Lewis](#) (Musician)
- [Martin Luther King](#) (Political Activist)
- [Mary Tyler Moore](#) (Actress)
- [Kerry Packer](#) (Corporate)
- [Jack Thompson](#) (Actor)
- [HG Wells](#) [Author]
- [Vincent Van Gogh](#) (Artist)

## Health

## The Bad News About Christmas ...

High-sodium diets contribute to renal and heart problems and, unfortunately, Christmas dinner is chock full of sodium. While sodium is good for the body in reasonable amounts, those with compromised heart or kidney function are put at risk for swelling, heart failure, and a build-up of fluid in the lungs.

See SSN Suggested Tips on **Page 3** (over) on how to reduce your sodium intake this Christmas.

**NAS = No Added Salt**

## Season's Greetings!

### Tips: Skip The Salt This Christmas

A diet high in salt can elevate blood pressure and ruin your Christmas!

It is best to avoid pre-prepared alternatives of rich Christmas fare – such as dips, gravy, sausage meat stuffing and ready-made bread sauce. Sadly, these are all high in salt additives.

Homemade versions are lower in salt, as well as being much tastier.

For instance, create your own dips. Try making your own gravy with pan juices, [Chick Pea flour](#) and a little water.

There is an alternative to preparing stuffing: use home-made bread, sultanas and raisins, a chopped shallot onion, some chopped herbs and freshly squeezed orange juice to bind it together before stuffing your unmarinated, no added salt (NAS) chook or turkey!

Home-made bread sauce is probably not a good choice. Best to concentrate on a home-made, NAS, Christmas Pudding!

Please enjoy your Christmas spread and remember to drink lots of water to stay hydrated – particularly if you are the Chef slaving away in a hot kitchen and it's another scorcher on Christmas Day.

### 8 Christmas Tipple Suggestions

These 8 suggestions for Christmas Drinks might just help to keep your blood pressure in check – however store bought products should meet the recommended guidelines for sodium:

**'The 'Suggested Dietary Target' of 1600 mg of sodium (equivalent to about 4 grams of salt) is set for Australian adults' = SSN Ed.**

- ✓ Tomato juice – *search for no added salt or low sodium product in supermarkets...*
- ✓ Beetroot juice...*Use a straw to drink this juice as beetroot juice can stain your teeth!*
- ✓ Prune juice...
- ✓ Pomegranate juice...
- ✓ Berry juice...
- ✓ Skim milk...
- ✓ Tea – *black or green teas are best...*
- ✓ Tap or filtered water – *add ice, lemon or lime!*

## Happy New Year

### The 5 Gift Rule Of Christmas

Instead of spending tons of money on a bunch of different presents, limit it to just 5 simple things:

- 1 gift they want,
- 1 gift they need,
- 1 gift they wear,
- 1 gift they read, and
- 1 gift they don't know they want, but you do!



### Not Feeling Festive? Let someone know if you are struggling ...

Mental health is something we should all be aware of - both at Christmas and during these strange times we live in with COVID19. If you are struggling to cope during the Christmas season you can always call for a chat:

**Lifeline** (24hr support) – 13 11 14

**Crisis Care** (24 hr support) – 1800 199 008

**Mental Health Emergency Response Line**

(24 hr support) – 1300 555 788 or  
1800 676 822

**Beyond Blue** (24hr support) – 1300 22 4636

### The Best Christmas Advice ...

1. Focus on what's most important.
2. Drop high-stress rituals.
3. Be satisfied with "good enough".
4. Remember to have fun!



**Have a fetching Christmas!**

### 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](mailto:Malcolm.Riley@csiro.au)

## SALT SKIP NEWS

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# Lemon Chicken Pasta



**A quick and easy recipe for readers. N.B: The lemon juice can be adjusted to suit your own taste. Enjoy! Serves 4.**

### Ingredients:

300g Tagliatelle pasta  
2 chicken breasts  
400g unsalted butter  
1 tbs Olive oil  
1 clove garlic (or use 1 tsp Rosella crushed garlic, low sodium)  
450ml carton cream  
¼ to ½ cup lemon juice  
1 tbs lemon zest, finely chopped  
2 tbs parsley, finely chopped. Save a little as a garnish.  
Pepper to season

### Method:

1. Cut each chicken breast horizontally into two thin escalopes. Season with pepper. Melt half the butter with half of the Olive oil in a large frypan. Cook chicken for 1-2 minutes until golden brown (it doesn't need to be cooked through). Remove from pan and set aside.
2. Cook pasta in a large saucepan of boiling water, following packet instructions (without adding salt).
3. Melt remaining butter and oil and cook garlic, stirring for 1 minute. Add cream, bring to the boil, then reduce heat and simmer for 1-2 minutes. Add lemon juice and zest and stir to combine. Return chicken to the pan and simmer for a further few minutes until cooked through and the sauce has reduced slightly. Remove chicken and keep warm. (I cover mine, place on bottom shelf of the oven set on lowest heat.)
4. Drain Tagliatelle and add to cream sauce in pan. Add chicken and parsley. Toss to combine.
5. Season with pepper and serve garnished with parsley.

**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](mailto: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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