



### **Beware of hidden salt**

Did you know that most of the salt we consume is found in the processed foods we buy? It's added to enhance the flavour of the food and/or as preservative.

In order to find out how much salt is in the food you're buying, you'll need to look at the nutrition information panel located on the back of the food packaging. Salt is listed on the nutrition information panel as sodium. Reducing your salt intake can be as easy as comparing the sodium content of similar products, and choosing the option with less salt. Foods classified as "low salt" contain less than 120 mg sodium per 100g and are the best choice. It is good practice to limit your intake of "high salt" foods that contain more than 600 mg sodium per 100g.

Are you still in the habit of adding salt to your food at the dinner table? Initially, try halving the amount of salt you add. Stick with this for a fortnight, which will give your palate a chance to adjust. Once you've adjusted look to further reduce the amount of salt you're adding until you've weaned yourself of it completely! Looking for more flavour? Try adding lemon juice, herbs and/or spices.

Good luck!

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