



Less Salt for Health



Eating too much salt can lead to **hypertension** that will increase the risks of **cardiovascular disease** and **stroke**.

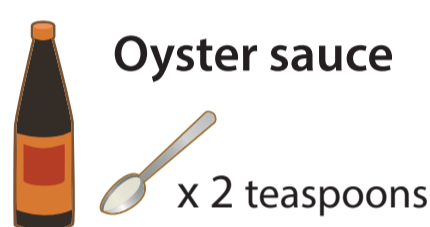
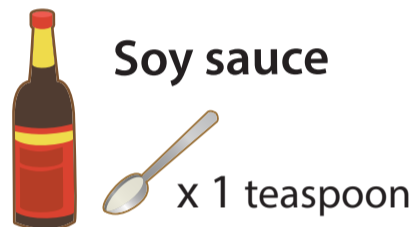
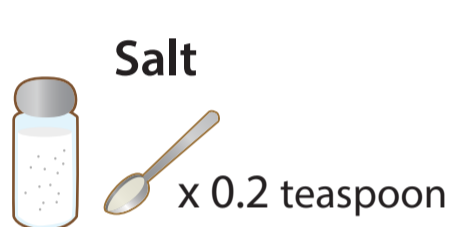


- Children aged 4 to 6 are recommended to take **less than 1200mg** of sodium a day. (about half teaspoon of salt)*

* Data source: *Dietary Reference Intakes for Chinese (2013 edition)*, Chinese Nutrition Society



Children aged 4 to 6 should not take more than 400mg of sodium per meal (based on 3 meals a day), which is approximately equivalent to one of the following:



! Sodium is naturally present in some food ingredients such as meat, fish and eggs. Since the naturally present sodium counts towards the sodium intake per meal, **the actual amount of seasonings used should be even less.**

! When **marinating or cooking** with multiple seasonings, **the amount used for each should be reduced.**

Example

Based on preparation for **30 children**, **the amount of seasonings used per meal should not exceed:**

- 2 tablespoons of salt or
- about 210ml of soy sauce or
- about 340ml of oyster sauce or
- about 1L of ketchup

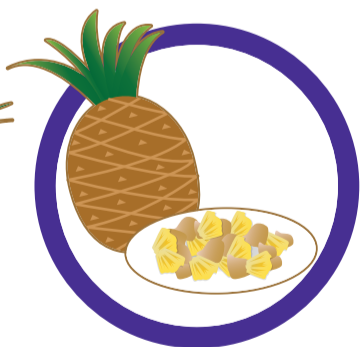
Note:
1 teaspoon ≈ 5g or ml; 1 tablespoon ≈ 15g or ml

Ways to reduce salt intake



Cook with natural and fresh spices

E.g. spring onion, garlic, ginger, coriander, herbs, a trace amount of pepper



Cook with fresh fruit

E.g. stir-fried meat with dragon fruit, steamed meat patty with apple cubes, stir-fried chicken fillets with fresh pineapple



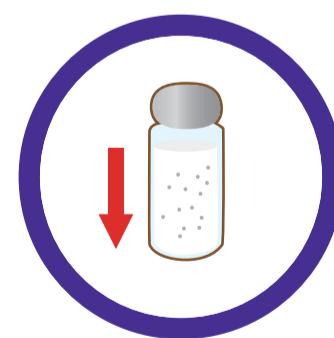
Make sauce with fresh fruit and vegetables

E.g. fresh orange juice, fresh tomato sauce, spinach sauce, pumpkin sauce, sweet corn sauce



Avoid using high-sodium seasonings and ready-made sauces

E.g. fermented bean curd, MSG, chicken powder, teriyaki sauce



Use less salt

Minimise the use of salt in seasoning or cooking



www.startsmart.gov.hk Less Salt for Health



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