



# Less Salt for Health



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



Hypertension

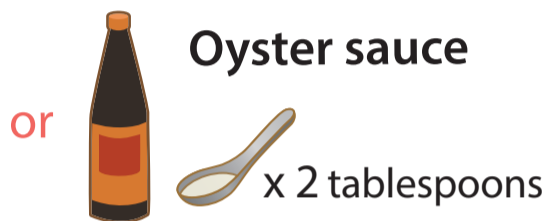
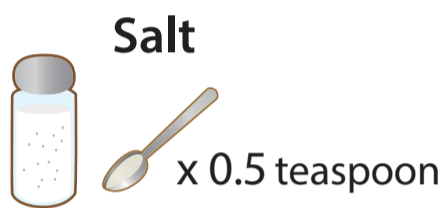


Stroke



Cardiovascular  
disease

The daily recommended sodium intake for young children aged 4 to 6 should be **no more than 1000 mg**\*,  
i.e. approximately equivalent to one of the following:



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

\* Data source: *Dietary Reference Intakes for China (2023 edition)*



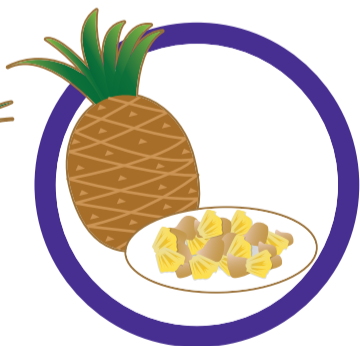
- Sodium is naturally present in some food ingredients such as meat, fish and eggs. Since the naturally present sodium counts towards the sodium intake per meal, **the actual amount of seasonings used should be even less.**
- When **marinating or cooking** with multiple seasonings, **the amount used for each should be reduced.**

## 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 pork slices with dragon fruit, steamed meat patty with apple dices, stir-fried chicken fillets with fresh pineapple



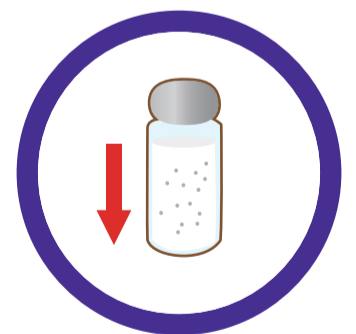
### Make gravy with fresh fruit and vegetables

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

