

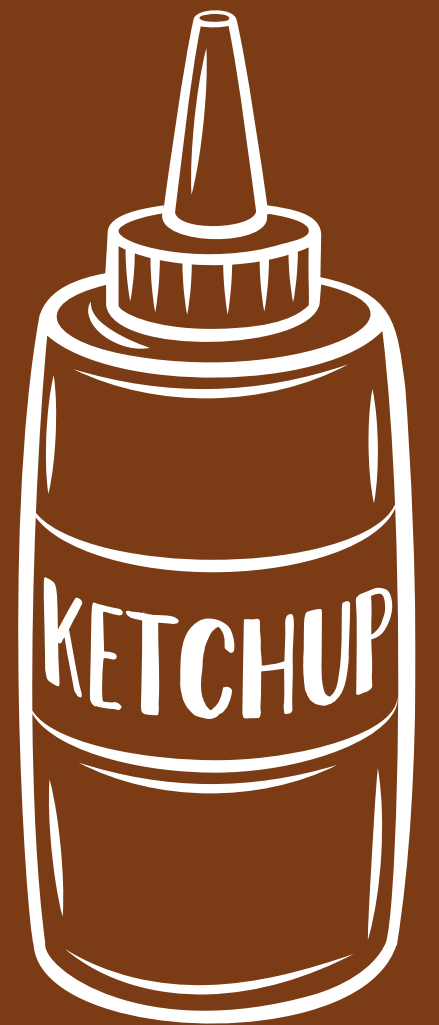


HALT THE SODIUM



Learn about the risks of excess sodium consumption and tips to reduce sodium intake

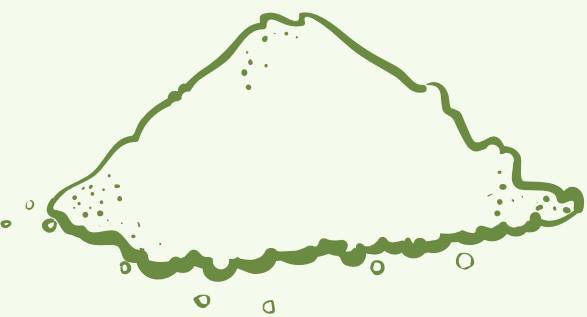
Facts about sodium consumption



What is Sodium?



- Sodium is a mineral which is essential for the normal functioning of the body.
- It helps to transmit nerve impulses, keeps muscles working properly and maintains the body's fluids in balance.
- Salt is the main dietary source of sodium as it contains 40% of sodium.



2,000mg of sodium = 5g of salt or 1 teaspoon of salt.



National daily sodium consumption rate among Singaporeans

Singaporeans are consuming almost twice the amount of sodium recommended by the World Health Organisation (WHO).



The recommended daily limit is 2,000mg of sodium (**1 teaspoon of salt**), but Singaporeans took an average of **3,600mg** of sodium a day, with 90% of Singaporeans exceeding the daily limit.

That is almost double the recommended intake!



Foods that are high in Sodium



Processed & Frozen foods

Condiments

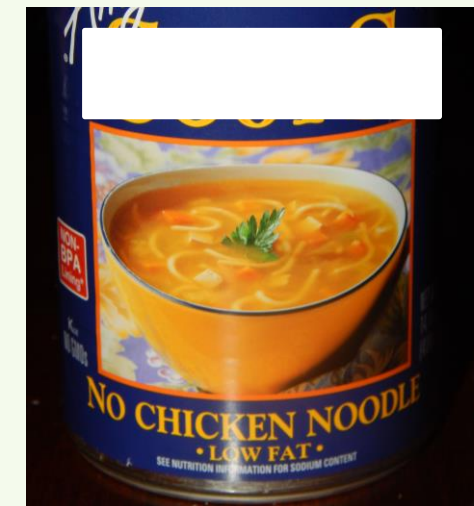
Canned foods



Chicken
Nuggets



Ketchup



Canned
Soup



Sausage
Patty




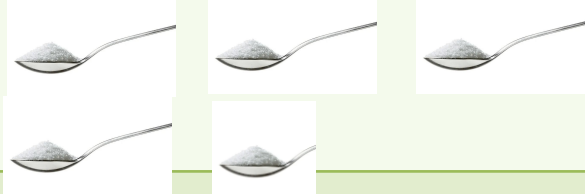

Curry Sauce



Canned
Ham/Meat

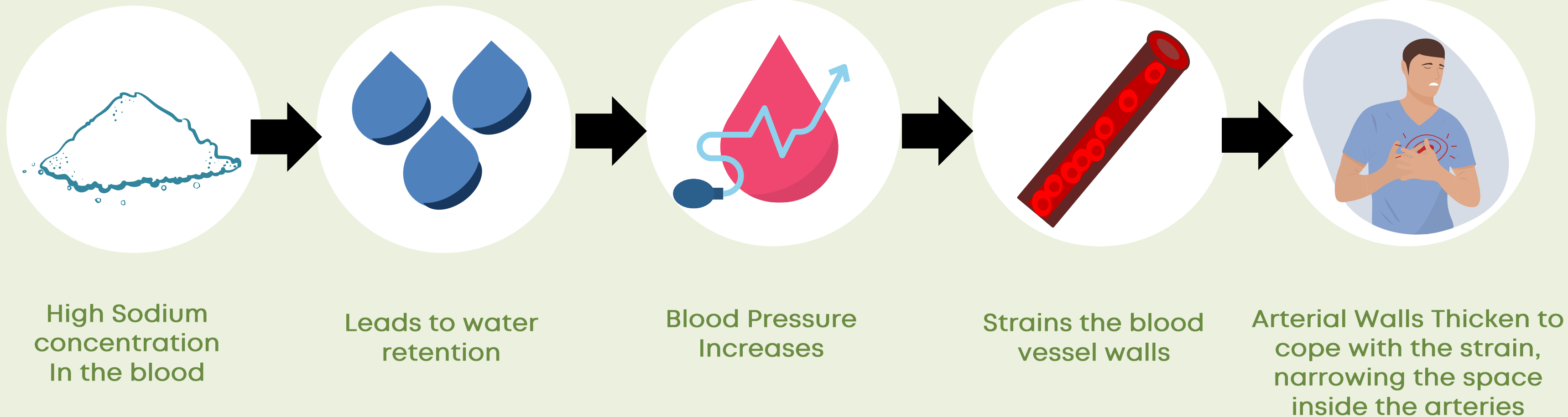
Examples of daily sodium consumption



Food	Amount of Sodium	Number of Teaspoons of Salt
Sausage McGriddle with Egg and Cheese, McDonald's	1570 mg	~0.78 tsp 
Chicken Chop with Fried Rice	10,504 mg	~5.25 tsp 
Fish Ball Noodles (Dry)	2112 mg	~ 1 tsp 
TOTAL SODIUM CONSUMPTION	14,186mg	~ 16.03 spoons of salt

Recommended Serving per day = 1 teaspoon

What happens when we consume too much sodium?



This will, in turn, increase the risk of stroke, heart disease and kidney failure.

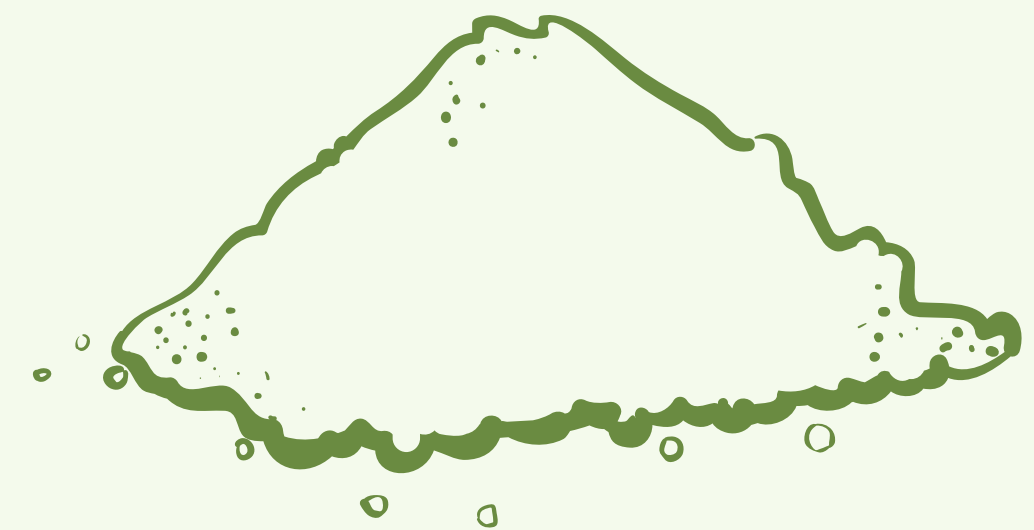
Hypertension in Singapore

In 2017, about **21.9%** of Singaporeans had high blood pressure. In 2020, it was about **31.7%**.

Minister Ong Ye Kung shared in 2022's budget debate: “More than **one in three** Singapore residents aged **18 to 74** - had hypertension between 2019 and 2020”

High Blood Pressure can start as young as **18 years old**.

Prevention is better than cure. Cultivating healthy eating habits from young will help you stay healthy and strong when you get older!



Tips to reduce sodium consumption



1. Look out for the Healthier Choice Symbol



Nutrition Facts	
Serving Size oz.	
Serving Per Container	
Amount Per Serving:	
Calories	Calories From Fat
% Daily Value*	
Total Fat	%
Saturated Fat	%
Trans Fat	%
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Sugars	%
Protein	

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Contain at least 25% less sodium compared to similar products in the same food category.

(E.g. sauces, recipe mixes, seafood, ready-to-eat legumes, nuts and seeds, canned and processed meat, convenience meals)

Contains no additional sodium added to the product.

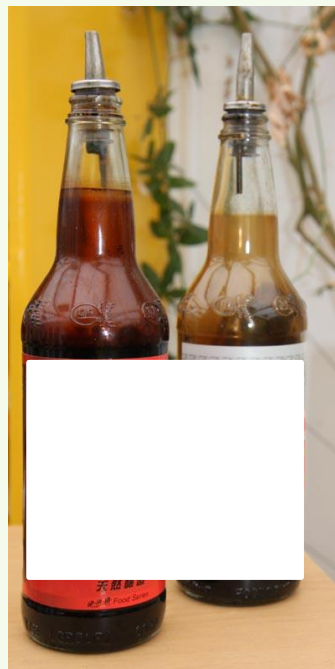
(E.g. fresh and frozen seafood, frozen and chilled vegetables, herbs and spices)

The next time you accompany your parents for grocery shopping at your local supermarket, be sure to teach them to look out for these symbols!

2. Limit sauce intake

Did you know? One tablespoon of

- Oyster Sauce = 500mg Sodium
- Soya Sauce = 1000mg Sodium
- Fish Sauce = 1500mg Sodium



Though dishes like fried fish soup may seem to be less oily than dishes like roasted chicken rice, it actually contains a lot of sodium.



**Roasted Chicken Rice :
1287 Mg Sodium**



Fried Fish Soup: 2700 Mg Sodium

3. Season food with natural flavorings

Season food with natural flavourings, such as:

1. Fresh or dried herbs

(e.g. parsley, coriander, mint, basil, onions, garlic, ginger, chives and spring onions).

2. Spices

(e.g. cinnamon, cardamom, cumin, pepper, curry powder, five spice powder and chilli).

3. Vinegar, fresh lemon, lime and fruit juices.

4. Sesame oil and olive oil.





Remind people who cook at home to:

- Cook with less salt, lower sodium sauces, stock cubes and seasoning powders. Use Healthier Choice Symbol (HCS) products.
- Use less of highly salted, preserved and processed food.



When eating out

- Ask for less or no gravy.
- Ask for your food to be prepared with less salt and sauces.
- Ask for the sauces to be served on the side.
- Skip the gravy or reduce gravy intake.
- Limit sauces and avoid adding extra salt at the table.
- Choose plain wholegrain rice instead of flavoured rice.



When shopping

- Buy fresh food as often as possible.
- Choose products with the Healthier Choice Symbol as they contain less sodium than similar products in the same category.



Lower in Sodium



Quiz Time!





Q1. Which of the following is true about sodium?

- A. Sodium helps to transmit nerve impulses, keeps muscles working properly.
- B. Sodium helps to break down carbohydrates into glucose to give us energy.
- C. Sodium is not essential in our diet.
- D. Sodium only comes from processed foods.

Answer: A

Q2. What are the risks of excessive sodium consumption?

- A. High Blood Pressure
- B. Hypertension
- C. Water Retention
- D. All of the above

Answer: D



3. Which of the following tip is false in reducing sodium intake when eating out?

- A. Ask for less or no gravy.
- B. Ask for plain wholegrain rice instead of flavoured rice.
- C. Limit adding extra sauces like ketchup or chilli.
- D. Eat more meals with soup instead as they contain less sodium

Answer: D



4. Which dish found in a hawker centre is higher in sodium?



or



Answer: Fried Fish Soup as the soup contains a lot of sodium (from salt, sauces and/or stock cubes).

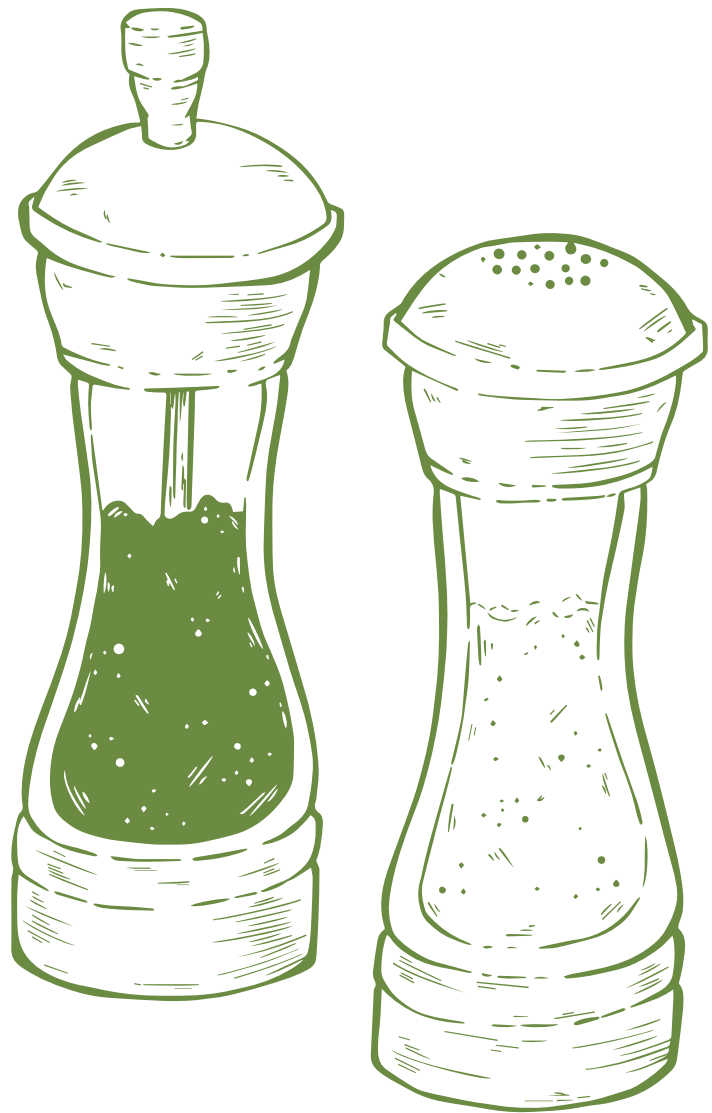
Healthy tip:

Fish soup is a suitable option for someone who is watching their weight and blood cholesterol level as it is low in energy, fat, saturated fat and cholesterol. However, it is high in sodium, and low in fibre.

You can make this a healthier option by:

1. Opt for sliced fish soup instead of fried fish
2. Opt for wholegrain noodle or bee hoon

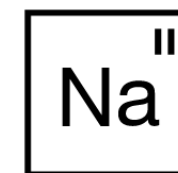
Resource for students



WORD SCRAMBLE

Rearrange the letters of each word and match an image

cupkhet



dismou



eporcssd



opus



pterenshyion



adbalenc

