How much salt is too much salt?

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Sodium intake per day*

*Health Promotion Board’s 2018/2019 National Nutrition Survey

Effects of Excess Sodium

- High Blood Pressure
- Heart Disease
- Stroke
- Kidney Disease
- Heart Failure

Where does the excess salt in your diet come from?

- Fast Food
- Convenience Food
- Salty Snacks
- Processed meats

Salt where you can’t see it

- WHITE: Table salt, cottage cheese, ranch dressing, vegetable seasoning, cheeses
- BLACK: Soy sauce, fish sauce, teriyaki sauce
- RED: Ketchup, tomato juice or sauces
- YELLOW: Mustard, seasonings, cheeses
- PINK: Lunch or deli meat, ham, bacon, sausage
- GREEN: Pickle, relish, olives
- BROWN: Soups, gravies, sauces

Making smarter choices with your food

1. Choose items with "low sodium" or a "healthier choice" label when grocery shopping.
2. Use salt alternatives like lemon, herbs, vinegar, and spices when cooking to give a depth of flavour.
3. Portion control
4. Eat fresh foods over processed food
5. Limit condiments