



High Blood Pressure

Blood pressure is the pressure, which the heart and arteries apply in order to squeeze the blood around the body. When you are sitting or laying quietly your blood pressure stays at a steady resting level. High blood pressure (hypertension) means that the resting blood pressure is higher than normal. Some of the contributory factors that might increase blood pressure are:

- ▶ Being overweight
- ▶ Smoking
- ▶ Alcohol
- ▶ Lack of regular exercise
- ▶ Eating too much salt
- ▶ Stress

High blood pressure makes the heart work harder and speeds up the “furring up” of the arteries, so you are in more danger of having angina, a heart attack or a stroke.

There is a lot you can do to keep your blood pressure at a normal level.

- ▶ Watch your weight
- ▶ Stop smoking
- ▶ Drink moderately
- ▶ Take some exercise
- ▶ Eat less salt
- ▶ Relax

The salt we add when cooking and at the table is sodium chloride. It is the amount of sodium that we eat that is important. Sodium is also found in baking powder and MGS, a flavour enhancer found in sauces like soy sauce and Worcestershire sauce.

FOODS WITH A HIGH SODIUM CONTENT

Bedtime drinks such as Horlicks, crackers, Ryvita, some bread, most breakfast cereals, all cheeses, all pickles and chutneys, smoked fish, shellfish, bacon, ham, tinned meat and fish, all salted nuts, all packet puddings, most packet sauces, stock cubes, packet soups, milk chocolate, most tinned vegetables and butter.

REDUCED SALT

Look out for reduced-salt stock cubes, sauces, gravy mixes, crisps, tinned vegetables and beans. Buy unsalted margarines that are high in polyunsaturates, unsalted peanuts, low or no salt muesli.

SALT -THE ADVICE

- ▶ Read food labels: avoid salty food
- ▶ Eat plenty of fresh foods
- ▶ Use less salt in cooking. Use more herbs and spices.
- ▶ Use less salt at the table
- ▶ Avoid processed foods

SHAKE YOUR SALT HABIT

So often I hear I don't use much salt. Unfortunately it is hidden everywhere. Despite the publicity recently of the harmful effects to our health we apparently are still consuming twice the recommended amount. Checkout our table on the hidden salt and I know you will be amazed. –
RECOMMENDED INTAKE 6g (1 Teaspoon of salt weighs approximately 5 grams) Yes 5g is one teaspoonful – not much when you think of the amount some people sprinkle over their chips!

Everyday foods	Salt content
Bacon rasher per 80g serving	3.5g
Baked Beans per 500g serving	5.9g
Beefburger per 200g serving	4g
Birds Sugar Free Jelly	0.2
Brown Bread per slice	0.4g
Butter/Margarine per 25g	0.2g
Cheddar cheese per 60g serving	1g
Chicken And Cashew Nut with Yellow Beans Sauce	15.7g
Chicken Tikka Masala take away. (MSG is salt)	7.1g
Chinese chicken and egg fried rice takeaway meal	6g
Cod fish fingers per 90g serving	0.7g
Cooked Ham per 80g serving	2.4g
Cornflakes/Bran cereal per 40g serving	1g
Cottage cheese per 60g serving	0.5g
Crispy Chicken Caesar Salad with L/F Dressing	3.5g
Dairylea Thick slices	0.7g
Dry roasted peanuts	2.g
French Fries per 200g serving	4g
Grilled Chicken Caesar Salad with L/F Dressing	3.3g
Instant Sachet Soup (per sachet)	4.4g
Kraft Singles per slice	0.7g
M & S Vegetable Lasagne (watch the hidden salt in the ready meals)	2.0g
Pizza (1 wedge)	4.1g
Plain sponge cake per slice	0.3g
Pork sausages Grilled	1.8g
Pot Noodle –Chicken & Mushroom	3.7g
Pringles Original per pkt	2.7g
Tuna and Sweetcorn Pasta Snack	3.7g

See our attached fact sheet on hidden salt.

Facts on Salt

SALT

Salt is the name we commonly use for sodium chloride. Almost all foods contain sodium, either naturally, or as an ingredient added during processing or cooking.

The body needs some sodium as it helps regulate water balance. It also helps maintain normal heart rhythm and keeps muscles and nerves working efficiently.

However, too much salt in the diet is linked to high blood pressure and in turn increases the risk of heart disease and stroke.

What is the daily limit of salt recommended?

Adults and children over 10	6g
Children aged 7 – 10	5g
Children aged 4 – 6 years	3g
Children aged 1 – 3 years	2g
Babies less than 12 months	NO salt added to food.



Measure out 5g which is a level teaspoon and then take a look at the hidden salt content in our everyday food which I have listed overleaf. I know you will agree it does not take a lot to consume our recommended daily allowance.

How can we eat less salt?

Use less salt in cooking and use herbs, spices, tomato puree etc to add flavour. Use a minimum amount of salt for cooking OR at the table NOT BOTH

Use salty foods like tinned, smoked and cured foods sparingly,

So many Slimtone members have discovered that since using a steamer or the Zip'n'Steam microwave bags for cooking it has lowered the amount of salt in their diet. It has also enhanced the flavour of their meals.

Take away/ convenience meals again contain a high percentage of salt. Sodium monoglutamate is another name for salt and is included in many ready meals. Make your own low fat healthy eating meals from the selection included in your Lifestyle Plan. Always look out for the healthy eating options now available in all supermarkets which state "Low salt"

Stock cubes also include a lot of salt, check out the varieties in health shops with no additives; vegetable bullion is another healthy option.

FOR FURTHER INFORMATION VISIT www.bhf.org.uk

HEALTH RECOMMENDATION

It is recommended that you consult your GP before starting any eating plan. Slimtone and Marie Griffiths shall not be liable for any injury to health arising out of any diet or exercise recommended by Slimtone or in the Lifestyle Plan.

