

The SMANZ low salt “Prescription”

A guide to a low salt diet for the patient

Summary for Doctors

Patients can substantially reduce their salt intake (and reduce the impact of many salt related disorders, including hypertension) by following the recommendation of the Australian Dietary Guidelines to only choose foods that are low in salt.

Previously it has been difficult to show patients how to do this, but this guide will help considerably.

Processed foods contain over 75% of their average daily salt intake so this guide explains to patients how to read the Nutrition Information Panel on packaged foods.

When patients can do this, they can choose foods that are low in salt – products that have no more than 120mg sodium per 100g of food.

It gives practical advice on cutting down on salt, including how to arrange for low-salt meals when eating out, a list of suppliers of low salt foods, and a two-page pictorial shopping list of everyday packaged foods that are low salt.

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Following this “Prescription” can result in a significant reduction in salt intake. For the majority of people this has proven health benefits. However lowering salt intake may interact with some medical conditions, pregnancy and drugs. Further details are provided in a letter to doctors on page 7.

Purpose of this Low Salt Prescription: To make available to doctors a practical and easy method of prescribing low salt diets. The doctor can refer patients to the web version at www.smanz.info Patients referred to the web, are encouraged at the time of download, to in return, provide the referring doctor with a printed copy for other patients who may not have access to the web.

Disclaimer: The information, ideas, suggestions and dietary advice contained in this document are not a substitute for consulting your doctor. You must not disregard professional medical advice or delay seeking it because of anything in this document. **You are advised to consult your doctor before changing your salt intake if you are pregnant, ill, taking prescription medication, or have suffered from any kidney disease.** The authors, the editors, and the publisher shall not be liable or responsible for any loss, injury or damage arising from any information or suggestion in this document.

10/10/2007 The latest version of this guide can be downloaded from www.smanz.info

The SMANZ quick guide to reducing salt

WARNING

The Australian Dietary Guidelines are ideal for healthy people. But if you are pregnant or receiving on-going medical care for any other reason—especially if you take prescription drugs—your doctor needs to see the DOCTOR'S LETTER on page 7.

This letter is VERY IMPORTANT because the difference between an uncontrolled and a well controlled salt intake can affect your body just as powerfully as most drugs can affect your body.

Your doctor would need to know if you took somebody else's prescription drugs. The same applies to this low salt 'prescription'.

Be certain to show your doctor the letter if you are taking a diuretic (see box page 8).

Introduction

This document was prepared by a dedicated group of volunteers who have been enjoying the health benefits of low salt food for many years. Most of us were simply advised to go on a low salt diet without any further explanation. We all had problems reading labels and trying to get the salt out of our food. The breakthrough came for us when we discovered Dr Beard's book *Salt Matters* [2] and his simple formula for success. We cannot hope to provide the book's detailed information but hope you find this **brief practical guide to a healthier low salt diet** will at least give you a head start.

We wrote this document for inclusion in a 'prescription' that could be issued by medical practitioners, but it is also a good guide on its own for anybody who wishes to follow the Australian Dietary Guidelines recommendation to 'Choose foods low in salt'.

Reducing your excess salt, as you will see later, is just a matter of making a choice between high and low salt foods. Before you can make that choice and venture out on your first low salt shopping trip, we need to quickly run through a couple of simple explanations about salt and how foods are labelled.

You will need to read labels

Salt is a health culprit and the healthy choice is to avoid it, but taste is not often a guide to the salt level. Processed foods like bread and cornflakes do not taste salty—but they are, and the only way you would know is by reading their labels. Food labels show the sodium level and not the salt level, so some explanation is required.

How the sodium level relates to the salt level

The chemical name for salt is sodium chloride. For every 2 parts of sodium in salt there are about 3 parts of chloride (chlorine actually).

Sodium is easy to measure and by measuring it you can get a good estimate of the amount of salt in something. We count things in this way when it is easier. We count boarding passes to count passengers, and clothes on hooks to see how many are in a sauna. In a similar manner sodium is counted to give an estimate of the salt level in a food or beverage.

If you ever need to know how much salt is represented by an amount of sodium you simply multiply the sodium by 2.5, but we doubt you will ever need to.

These directions, as you will see later, do away with calculating anything. **You don't calculate or count—you just choose low salt foods.** "Choosing" is so much simpler than 'calculating' and this is what makes these directions so easy to follow. This was the pivotal breakthrough that Dr Trevor Beard made and revealed in his book *Salt Matters* (see box on page 6 of this article).

How to read labels

All packaged food in Australia with some exceptions, should have a nutrition panel like the one shown here. Pay no attention to the serving size or the amount of sodium in a serve, as every company has their own idea of a serving size.

The part of the label that we look at is the amount of sodium in 100 grams of food. So look at the number of milligrams (mg) in the *per 100g* column, and in the *Sodium* row.

The label on the right shows 60mg. You will be looking for products with 120mg or less—these are low salt foods and you can eat as much or as little as you like. The *per 100g* column is supposed to be on the right but on some labels it is (incorrectly) found on the left. It is something that is easy to miss and even old hands are occasionally fooled.

NUTRITION INFORMATION		
Serving per package 3		
Serving size 150g		
	Quantity Per serving	Quantity per 100g
Energy	608kJ	405kJ
Protein	4.2g	2.8g
Fat, total	7.4g	4.9g
— saturated	4.5g	3.0g
Carbohydrate, total	18.6g	12.4g
— sugars	18.6g	12.4g
Sodium	90mg	60mg
Ingredients: Whole milk, concentrated skim milk sugar, strawberries (9%), gelatine culture, thickener (1442).		

Not all foods require labels. Fresh unprocessed foods such as fruit, vegetables, and meat, food in small packages and food sold from the shop where it is made need not have a label even if wrapped. Some locations where this occurs are: supermarkets with bakeries, fresh pasta shops, butchers, cake shops, fund raising stalls and the like.

Read the label.

Make the simple over or under 120mg per 100g decision.
You don't weigh, you don't calculate, you don't write down, you don't total up.
You simply choose low salt foods.

Not all food labels are correct

It is easy for a clerical error to be made somewhere along the way. However you can avoid most problems by following these rules for low salt products.

- ◆ If you see a product with a sodium level that is a lot lower than competing products, it may well be a mistake.
- ◆ If you see a label with the sodium in grams, remember that there are 1000 milligrams in a gram. For example, 0.1g equals 100mg, and 0.6g equals 600mg.
- ◆ If the label mentions salt in the ingredients list, suspect an error. The ingredients should be in order of weight and in low salt products, salt is usually absent or last.
- ◆ If you can taste salt **in** the product, suspect it. Note you may get a faint hint of salt in a low salt product if it is sprinkled on the product.
- ◆ If the word 'salt' or 'salted' is part of the product name, avoid it.
- ◆ If baking powder, raising agent (500) or bicarbonate of soda is mentioned, there is little chance that the product is low salt

There is something you are bound to see—a product with the incredible omg of sodium. When you find one, check the competing products. My bet is they will be nowhere near omg. This sort of error occurs when an imported product had no sodium line on the overseas nutrition label and the importer just gave up and used zero.

What to eat

You can eat any food that is a **low salt food**. Remember that means the sodium level is **120mg per 100g or less**.

Food with a sodium level of 120mg per 100g or less is called 'low salt' food in the remainder of this guide.

All fresh food fits this definition: meat, vegetables, fruit and most seafood except for seafood without backbones – like prawns, lobsters, oysters, octopus, etc.

You can eat pasta, grains and dried (but not canned) legumes (chickpeas, lentils, beans, etc.).

There are over 300 herbs, spices, fruits, fruit juices and vinegars that you can use to flavour your food.

- ◆ Single spices sold separately very seldom contain added salt (sumac is one of the rare exceptions) but be vary careful with spice mixtures, especially curry powders.
- ◆ A lot of spice bottles have labels small enough to be exempt from the regulation that requires a Nutrition Information Panel, but they must always show an ingredient list. You only need to avoid spice mixtures that have salt in the ingredient list.

You may miss salt at first but your taste will adjust and you will find all those flavours that have been hidden by salt.

You have a huge selection of canned or bottled fruit and jams.

You have a wide selection of healthy natural fresh food to choose from, but unfortunately the modern diet has become dependant on processed food, and this is where most of the salt you eat comes from and where your skill in reading sodium levels comes into play.

In the shops you will find some no added salt (NAS) products which are almost always low salt foods. **Reduced salt products are not low salt products** as they are almost always over 120mg per 100g. A selection of low salt products is shown in the 2 page pictorial shopping guide that is in your folder [1].

Choosing a low salt food is a simple matter of glancing at the sodium level and seeing if it is 120mg per 100g or less.

What to avoid (or check carefully)

For a start, you know to **check everything** and to avoid any food that is not a low salt food, but here is a list of foods that should generally be avoided **unless you are certain that they are low salt**.

- ◆ Most barbecued chickens and some pre-seasoned fresh chicken
- ◆ Sauces, mayonnaise, mustards
- ◆ Olives, anchovies, capers, sun-dried tomatoes, pickles, ham, bacon, smallgoods
- ◆ Cheese except low salt types such as ricotta and paneer
- ◆ Flavour boosters or commercial stock powders
- ◆ Spice mixes, baking powders and baking soda (sodium bicarbonate)
- ◆ Bread or breadcrumbs (ordinary bread is very salty).

Your daily meals

How you approach removing the excess salt from your meals depends on the result you need.

- ◆ If you are reducing your salt to control blood pressure or to improve your long term health, you can take more time to perfect your meal planning. You can start with the saltier foods and find alternatives, and gradually work your way through all the things you used to buy and find lower salt versions. In a month or so you will have everything sorted out.
- ◆ If on the other hand you need to reduce your salt quickly, your cupboard will usually need a complete and immediate overhaul.

Bread

Before we get to meal plans and shopping, it is necessary to mention bread. Normal bread is not a low salt food—it has about 3 to 5 times too much salt. Having a low salt bread on hand makes things a whole lot easier. You can have toast with breakfast and sandwiches for lunch and steak sandwiches for a quick dinner.

One of your first tasks will be to find a source of low salt bread. Some supermarkets stock low salt bread and some bakers will make no-added-salt bread in batches.

Very few bakers have scales that are accurate enough to weigh the very small amounts of salt that small batches of low salt bread would take. You just ask for what the trade calls 'salt free' bread and you only need to find an obliging baker (like the owner of a small family business). For more details, see the shopping guide and the supplier guide in the folder [1]. Many people eventually get a bread maker and produce their own low salt bread.

Planning your meals

To give you a feeling of what is in store, here are some examples of the menu.

Breakfast

This is the easiest low salt meal of the day.

- ◆ Cereal, milk, tea, coffee, toast (see Bread above), fruit, eggs (any style) but no bacon.
- ◆ If you want something hearty, try a breakfast steak with fried tomato and an egg. When you get some no added salt baked beans, they can go on toast.
- ◆ Most supermarkets will have a range of low salt cereals. If your choice is limited, rolled oats and muesli will tide you over until you can get to a bigger shop. Every supermarket has Kellogg's Just Right Original, which has 30 mg/100g and yet is Australia's fourth most popular breakfast cereal.

Lunch

Lunch is also easy if you have planned ahead and have something to put on a sandwich.

- ◆ Sandwiches filled with salad, curried egg, roast meats, roast vegetables, chicken, meat rissoles, fish patties (leftovers make great fillings).
- ◆ Soups, steak sandwich or hamburger sandwich.
- ◆ The low salt versions of salmon, baked beans, etc.

Dinner

You have all the ingredients mentioned above to work with. A roast once a week is a good idea if you need meat (and roast vegetables) to fill sandwiches. The possibilities are so great that advice is impossible. Just cook meals from raw ingredients and check that all ingredients are low salt. In the shopping section to follow you will find some 'must have' low salt ingredients that add flavour to your cooking.

Shopping

You have all the foods mentioned above to use but now we need to help you round out the larder by shopping for the extras which will invariably be processed. Processing removes flavour and the companies that sell processed food are in stiff competition with each other. One of the easiest and cheapest flavours to add is salt. It is going to be your job to find those products that have been crafted to produce real food flavour— flavour not masked by salt.

A little planning ahead goes a long way towards delicious low-salt meals.

First low salt shopping trip

Your first low salt shopping trip will be a bit of a shock. There will be whole aisles where you cannot buy a thing, but do not despair. Keep in mind the list of foods that you can use. You are out shopping for the extras, not the bulk of your food, and as you gain knowledge you will fill in the blanks.

Hunting for processed food

The major supermarkets actually stock a reasonable range of low salt products, but the trick is to find which store stocks them. As an example, Coles has for many years had

Some supermarkets, especially smaller ones will often get in a full carton of a product just for you, if you ask. Knowing the bar code will help them find the product in their ordering system.

a no added salt canned beetroot, but you cannot guarantee that any individual Coles store stocks it. A large Coles may not have it, yet a small Coles may. Coles cannot advise you other than to say that the product is available for the stores to stock.

Please do not think that we have anything against Coles. It is the same for all major supermarkets and, in fact, if it were not for Coles, that NAS beetroot would not exist as they are the only source of supply. It is the same story with all products, not just the low salt ones. The only solution is to visit whatever supermarkets you can, learn where you can purchase what you need, and buy in bulk when you make a find.

By the end of your first or second shopping trip, you should have been able to get at least some of the things that you were after. On my first trip I found NAS (no added salt) tomato paste, tomato sauce, canned tomatoes, baked beans, salmon, and a can of soup that turned out to be incorrectly labelled. It was not that much but in those days I received nothing from the doctor but the advice to go on a low salt diet. You have been given a much better start. Look over the 2-page shopping guide [1] and see what you can find.

Serious shopping

After doing the rounds of all the nearby supermarkets you may find that you are still short of a few comfort foods or basic ingredients. If that is the case, it is time to look in the smaller shops, the health food stores, the organic shops and the delicatessens. You may need to go to new areas completely. When I need something to replace cracker biscuits I use matzo (an NAS brittle flat kosher bread) and I have to go right across the city to buy it.

Resorting to mail order

There are some things that you will just not be able to find in local shops or make yourself. An example in my case was stock powder and baking powder. You can of course make your own stock, but the convenience of a stock powder makes the mail (actually phone or Internet) ordering worth the effort (see the Shopping Guide).

Making what you cannot buy

Some things you will not be able to buy and the only alternative is to make your own. I make bread, barbecue sauce, Worcestershire sauce, matzo, and various chutneys. Some of these I can buy, but just prefer my own recipes. On the disk you will find recipes, cooking hints and much more. In the prescription folder [1] there will be information on where you can buy recipe books and various low salt products.

Eating out

When eating out you need to choose low salt foods but you have little control over how they are made so your choice should leave little room for error in the restaurant kitchen by ordering simple foods. Steak with salad or steamed vegetables with no sauce or dressing is a safe bet. Fish and chips can usually be had without salt (go easy on the batter it's bound to have some salt). In your folder [1] there is a section on eating out.

Keeping up the good work

After a short period you will become accustomed to your new healthier diet. Shopping will become second nature and you will have seen the health results from your decision. You may occasionally crave a salty food but will usually be disappointed if you give in to temptation. What you used to think was a little salty will now be very salty and the salt will hide the flavour you have become used to enjoying.

In the folder [1] there is a list of support groups that welcome newcomers and provide up to date information. Please consider joining one that fits your needs.

The editorial members of SMANZ wish you the very best of health.

The editorial panel [3] of SMANZ wish to thank Dr Trevor Beard for his assistance in the preparation of this document. His ground breaking book *Salt Matters: the killer condiment* [2] first revealed that the simple act of exclusively eating low salt foods was the practical advice to follow to reduce dietary salt sufficiently to have a beneficial effect on the health of individuals. The book remains unique and should be considered as a necessary handbook for everybody who wishes to control their salt intake.

Notes:

1. The 'prescription folder' refers to a set of documents (which includes this document) that can be printed in one run from the SMANZ Information Disk 'Patient low salt diet notes' button. The documents can also be printed individually from the SMANZ information disk.
2. *Salt matters: the killer condiment*, Hachette Livre, 2007, ISBN:978-0-733622-16-8
3. The editorial panel: Dr Trevor Beard, Mike Busby, Hilarey Ranger.



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Dear Doctor,

This patient follows (or hopes to follow) the Australian Dietary Guidelines for better health at a lower salt intake, but is under medical care and so may need your advice and supervision please [1]:

- ◆ many obstetricians are cautious about an abrupt change in salt intake during pregnancy, although trouble is rare enough to allow 42 women in a Dutch study to drop to 20 mmol/day from the 14th week of pregnancy until after delivery without incident [2];
- ◆ a few rare conditions affect salt metabolism, including Addison's disease, salt-losing nephritis, Bartter's syndrome, cystic fibrosis, gastro-intestinal fistula and ileostomy [1];
- ◆ prescription drugs—especially diuretics—may cause drug/diet interactions that can be as dangerous as drug/drug interactions, and this patient is—or may be—taking a diuretic.

Problems with diuretics

I am sending this letter because it is not yet well known that full dietary compliance with the salt guideline reduces 24-hour sodium excretion below 50 mmol/day [3]. This matters because diuretics can cause hyponatraemia at any salt intake, but the risk is inversely proportional to the salt intake and unacceptable below 50 mmol/day [4-6].

Moreover that level of salt control removes one of the main indications for diuretics. Salt in ordinary diets expands the extracellular fluid (ECF) volume and diuretics contract it, but below 50 mmol/day the ECF volume is physiologically normal (unexpanded) [7].

Salt is a powerful trigger for the vertigo of Meniere's disorder and vertigo is rare below 50mmol/day [8,9]. A Sydney teaching hospital finds sodium excretion rates below 50 mmol/day 'more effective and less troublesome than diuretics' [10].

The book *Salt Matters* has seven pages on 24-hour urine collection [11]. It is optional, but clinically useful—the 50 mmol boundary picks out patients who control their salt intake well enough to expect measurable results, and identifies the few who need more help and longer follow-up.

Interaction with other drugs

Good salt control can turn a therapeutic dose of lithium carbonate into an over-dose. The prescriber (usually a psychiatrist) needs to be fully aware beforehand of any change in salt intake.

It potentiates most antihypertensive drugs except calcium channel blockers. ACE inhibitors and angiotensin antagonists usually require a lower dose and can sometimes be discontinued.

There are a few things to bear in mind when monitoring electrolyte balance:

- ◆ the kidneys regulate the blood electrolytes within narrow limits, so serum sodium has no connection with salt intake—it can be normal when sodium excretion exceeds 500 mmol/day.
- ◆ the accurate measure for sodium intake is 24-hour urinary sodium excretion.
- ◆ the laboratory reference range for urinary sodium excretion is merely mathematical (the middle 95% of the population distribution), and has no bearing on human physiology.
- ◆ similarly the reference range for blood sodium reflects only the distribution in a population consuming 10–30 times more sodium and chloride than it needs for perfect health.
- ◆ hyponatraemia—based only on the lab reference range—is seldom treated if symptomless.

Yours sincerely,

Dr Trevor C. Beard
Honorary Senior Research Fellow

(continued next page)

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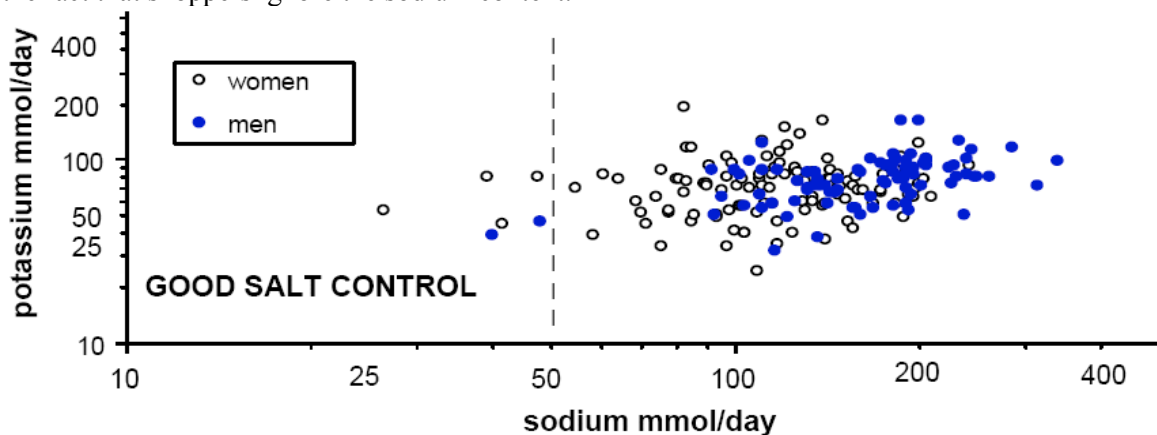
Diuretics and tablets containing diuretics. September 2007 (TGA listed. Subject to regular change).

Some items are diuretics and some are tablets containing diuretics. Trade names are shown with a capital letter.

Accuretic, Ardix perindopril combi, Aldactone, amiloride, Amizide, Atacand Plus, Avapro HCT, bumetanide, Burinex, chlorothiazide, chlorthalidone, Chlotride, Co-Diovan, Coverex Combi, Coversyl Plus, Coversyl Plus LD, cyclopenthiiazide, Dapa-Tabs, Dithiazide, Diulo, Dyazide, Edecrin, eplerenone, Enapril/HCT Hexal, ethacrynic acid, Fosinopril HCT, Fozide, Frumil, Frusebeta, Frusehexal, frusemide, Frusid, Hydrene, hydrochlorothiazide, Hyforil, Hygroton, Hyzaar, Indahexal, indapamide, Insig, Inspra, Kaluril, Karvezide, Lasix, Lasix-M, metolazone, Micardis Plus, Moduretic, Monoplus, Napamide, Natrilix, Natrilix SR, Navidrex, Olmetec Plus, Perindo combi, Prinzide, Renitec Plus, Spiractin, spironolactone, Teveten Plus, triamterene, Uremide, Urex, Urex-Forte, Urex-M.

The 50 mmol boundary

The 'normal' diet of industrial societies provides a very wide range of sodium excretion, from about 20 mmol/day to 400 mmol/day, and these Hobart survey results (n=194) are typical. The wide variation is due to the varied sodium content of industrially processed foods—from about 5 mg/100g to 9000 mg/100g—and the fact that shoppers ignore the sodium content.



The outward appearance of good salt control by six people was accidental and ephemeral, as each person has urine results that vary over a wide range from one day to the next, except when all foods are consistently selected for low sodium content.

THREE WAYS YOUR SECRETARY CAN ORDER *Salt Matters* (reference 3)

RETAIL: Off the shelf or by order from any bookshop (RRP \$24.95).

QUICK MAIL ORDER: Swinburne University Bookshop in Melbourne will post mail order copies on the same day by Express Parcel Post (next day delivery to central city postcodes) for AUD \$32.00 (RRP plus postage and handling). A telephone order to (03) 9214 5484 will verify that they will post it from stock that day and save you sending credit card details by email, otherwise the email address is HKoelmeyer@groupwise.swin.edu.au and the postal address is Prahran Campus, 160 High Street, Prahran, VIC 3181.

CHEAP MAIL ORDER: The Queensland Hypertension Association (Inc) has some remainders of the first printing of *Salt Matters* by Lothian Books. While stocks last, they can send a copy to any Australian address post-free for AUD \$20.00, and to anywhere in the world post-free for US \$20.00. They will quote for New Zealand on application. The phone number is (07) 3397 4236 (Thursdays), international 61-7-3397 4236, and the email address is tighel@bigpond.com.

See also: www.findlowsaltfood.info

Low Salt Foods Shopping List 1

(NAS = No Added Salt)

Nearly all fresh foods are naturally low in salt. Exceptions are shellfish and crustaceans (prawns, oysters etc) but fish are OK. This sheet lists some processed foods that are low in salt (no more than 120mg sodium per 100g of food). Products change, so check the NIP. Barcodes aid enquiries – the supermarket should be able to check from the barcode if it is in store and where it is located. Suppliers are given for hard to obtain items. (Designed & compiled by David Bridgen & Peter Chamberlain. Last updated 13th Dec 2011)

 <p>Sanitarium Puffed Wheat 5mg/100g 9300652045253</p>	 <p>Kellogg's Just Right 30mg/100g Supermarkets 9310055165854</p>	 <p>Freedom Foods Corn Flakes 120mg/100g 93105090100693</p>	 <p>Muesli (low in sodium) eg SunSol 18mg/100g Supermarkets 9311898192182</p>	 <p>Rolled Oats (Porridge) Low sodium ~10mg/100g</p>
 <p>Sanitarium Weet-Bix Kids Supermarkets: 110mg/100g 9300652013337</p>	 <p>Freedom Foods Rice Flakes 120mg/100g Gluten Free 9315090000887</p>	 <p>Sanitarium Honey Wee's 35mg/100g Supermarkets 9300652801392</p>	 <p>Uncle Tobys Oats Temptations ~30mg/100g Supermarkets Various flavours</p>	 <p>Kellogg's Mini-Wheats Whole Wheat ~15mg/100g Varieties 9310055286016</p>
 <p>Naturis Wholemeal Health Food shops & Deli's 8mg/100g 9325239000265</p>	 <p>Potts VitaMeal Mainly Coles in Victoria 75mg/100g 9315481185506</p>	 <p>Potts Swiss White Mainly Coles in Victoria 94mg/100g 9315481006009</p>	 <p>Essene Bread 20mg/100g Sprouted grain bread Organic Shops</p>	 <p>Naturis Fruit & Nut Loaf 45mg/100g Health Food shops & Deli's</p>
 <p>the real bread mix Gluten Free Coles (health section) 27mg/100g 93268925000315 www.springhillfarm.com.au</p>	 <p>Gluten Flour 1 or 2 Tbs improves low protein flour for NAS home bread making Health Shops</p>	 <p>Bread Improver 48mg/5g - for breadmaking Only a small amount is used Woolworths etc 9321885002011</p>	 <p>Lighthouse High Grade Flour for breadmaking <5mg/100g Coles & Woolworths 9300609218624</p>	 <p>Pampas Butter Puff Pastry 100mg/100g Woolworths 9310047211323</p>
 <p>Coles Salmon 105g size NAS: 80mg/100g 9300601173174 pink, ...518 red</p>	 <p>John West 210g size Pink & Red Salmon NAS: 90 & 60mg/100g 9300462342382 (pink) 9300462340074 (red)</p>	 <p>Papa Aldente Lasagna Woolworths: 110mg/100g 9320674000269</p>	 <p>Emily's Kitchen Beef Stroganoff Woolworths : 120mg/100g 9300633105129</p>	<p>Tender Loving Cuisine Home deliveries of healthy meals from Sydney to the North Coast of NSW + Metropolitan Melbourne Cooked, frozen, ready to heat. Specify low salt when you phone: 1800 801 200 www.tlc.org.au</p>
 <p>Fresh Quiche can be low salt This one from Coles is 106mg/100g 9322586000856</p>	 <p>HEINZ BEANZ (NAS) 10mg/100g Woolworths 9300657007133</p>	 <p>Select Brand Red Kidney Beans, Lentils & Chick Peas NAS - Woolworths <20mg/100g</p>	 <p>Toddler Food is low salt and good with toast for a snack or light meal</p>	<p>Only Australian Groceries sells Australian owned and Australian made grocery items, and delivers to anywhere in Australia (& the world) www.onlyoz.com.au (Search for low salt)</p>
 <p>Coles NAS Asparagus Spears 60mg/100g 9300601168002</p>	 <p>Edgell NAS Corn, Four Bean Mix & Red Kidney Beans ~10mg/100g Supermarkets</p>	 <p>Primo salt reduced Leg Ham (in 100g packs) 120mg/100g 9311594225351 Coles etc</p>	 <p>NAS TOMATOES Under 10mg/100g Various brands</p>	 <p>NAS Mushrooms 15mg/100g Coles/Woolworths 9300601443307 9300633907501</p>
 <p>NAS seasonings Check that the ingredients do not include salt</p>	 <p>Pantalica Ricotta Cheese Woolworths: 100mg/100g 9311165333553</p>	 <p>Tempo Quarg Cheese Regular 9312558845018 71mg/100g (also Light)</p>	 <p>Fountain & Leggo's NAS Tomato Paste ~55mg/100g</p>	 <p>Lotus Savoury Yeast Flakes 32mg/100g Sprinkle on pasta instead of Parmesan 9317127063544</p>

 <p>Mayvers Mayonnaise 93mg/100g 9310885000158 Some stores or order online from OnlyOz www.onlyoz.com.au</p>	 <p>Garnisha Pickles, Chutneys Curry Pastes 5mg to 57mg/100g Phone (07) 5485 3386</p>	 <p>Jill's Cuisine Traditional Tomato Relish Coles, IGA, etc 53mg/100g 9319879400103</p>	 <p>Maleny Cuisine Low salt sauces & dressings – Call 07 5448 7811 for nearest stockist or use web enquiry: www.malenycuisine.com.au</p>	 <p>Corn Relish: 100mg/100g Franklins: 9310172093238 Coles: 9300601184699</p>
 <p>NAS Tomato Sauce such as Fountain 20mg/100g Fountain: 9300681009448</p>	 <p>Beerenberg Mint Jelly 5mg/100g</p>	 <p>Mint Sauce 11mg/100g</p>	 <p>Galiko All Natural Chilli, Garlic & Ginger 16 to 30 mg/100g</p>	 <p>Maxwell Treats low sodium mustards – 3mg/100g www.treatfactory.com.au</p>
 <p>Nature's Earth Natural Corn Chips 44mg/100g Some stores & online at www.onlyoz.com.au</p>	 <p>To replace cracker biscuits try: Matzos 6mg/100g Coles & Delicatessens</p>	 <p>OSEM Sunny Wheat Crackers Coles Kosher Section 30mg/100 077544139602</p>	 <p>PowerWrap io-carb wraps high fibre, low GI 99mg/100g Health Food Stores 9332038000358</p>	 <p>Old Time Bakery Gluten Free Wraps Woolworths 110mg/100g 9330856000116</p>
 <p>Be Natural nut bars 50mg/100g Woolworths 9300771101830</p>	 <p>Freedom Foods NAS Potato Chips 30mg/100g 9315090000603</p>	 <p>UNIBIC Amaretti Almond Macaroons 17mg/100g 9310258007432</p>	 <p>Almond Bread 34mg/100g Woolworths 9316595683728</p>	 <p>SaltSkip Cheese Mail order from dairy 115mg/100g Telephone: 03 6373 6157 Email: pyengana@mail.com</p>
 <p>Sanitarium Peanut Butter Natural NAS 6mg/100g 9300652122671</p>	 <p>Jam & Honey are low in sodium</p>	 <p>Sara Lee Bavarian 113mg/100g 9310135020431</p>	 <p>Nanna's Blackberry & Apple Crumble 116mg/100g Woolworths 9311008430357</p>	 <p>Ice Cream is usually low-salt This one is 41mg/100g</p>
 <p>Mayvers TAHINI 4mg/100g 9310885000141 Coles & Woolies or HealthFarm Tel: (03) 9360 9488</p>	 <p>V8 (low sodium type) Tomato & Vegetable Juice 110mg/100g 9300644648608 also Fruit & Veg</p>	 <p>Lemnos Paneer Cheese 24mg/100g Woolworths 9316389000441</p>	 <p>SUN RICE Thick Rice Cakes <5mg/100g 9310140001289 other types available</p>	 <p>F G Roberts Self-Raising Flour 117mg/100g Coles 9311672000276</p>
 <p>Dried Fruit is low salt</p>	<p>Dried Pulses are low salt eg kidney & lima beans, peas, chickpeas and lentils Also rice. Dried pasta is usually low salt (but fresh pasta is often high in salt). Check the nutrition label on canned versions</p>	 <p>Instant Noodles Ayam instant noodles 77mg/100g Use own stock instead of salty noodles</p>	 <p>Unsalted Butter <20mg/100g Regular and cultured varieties are available</p>	 <p>Select +other brands White Corn Tortillas 11mg/100g Woolworths</p>
 <p>ARNOTTS Triple Wafer Biscuits: 70mg/100g 9310072000107</p>	 <p>ARNOTTS Royals Dark Chocolate 100mg/100g 9310072000176</p>	 <p>Select Orange Delights Woolworths 110mg/100g 9300633034283</p>	 <p>Nestlé baking cocoa 10mg/100g 9300605120785 Not all cocoa is low sodium - check the NIP</p>	 <p>Select Easy Fill Taco Shells Woolworths: 8mg/100g 9300633980764</p>
 <p>Salt Skip™ soup stock powders 53mg/100ml Mail order from Eumarrah Tel: (03) 6273 9511 eumarrah@eumarrah.com.au</p>	 <p>Salt Skip™ baking powder has no sodium – use instead of standard baking powder Tel: (03) 6273 9511 eumarrah@eumarrah.com.au</p>	 <p>Curry Powder Choose one with no salt in ingredients list Ayam is 88mg/100g 9311627603569</p>	 <p>MeadowLea Dairy Free 9310047207890 <10mg/100g</p>	 <p>Olive Oil less than 5mg/100g</p>

Eating out

When you start eating low-salt meals, you may wonder how you'll ever be able to eat out again.

Here's some food for thought.

1. **Dear Chef** — Do you have a favourite place to eat out? Want to educate the chef? Take a look at the 'Dear Chef' letter for some suggestions. This note is designed so that you can print it and give it to the chef both as a thank-you and as a reminder of your needs.
2. **Traveller's Tales** — Rick Keam describes his experiences with eating out while travelling in Australia and suggests some ways to find low-salt food around the country.
3. **Travelling in Japan** — Asia may not be quite as different as you might think.

For more ideas, see 'Eating Out', pages 91-102 of *Salt Matters: The killer condiment* by Dr Trevor Beard (Hachette Livre, 2007, ISBN 978 0 733622 16 8).

Dear Chef

I really appreciate you catering for my no added salt diet.

My palate is adjusted to having no salt and the lack of salt in the meal will not stop me from enjoying anything you create for me.

I am not allergic to salt as small amounts are in almost everything but I do need to keep my salt intake very low for medical reasons.

I know that special requests complicate the smooth running of a kitchen and I thank you for your effort on my behalf.

Best regards

Low Salt Diet Check List

All fresh food is okay (except seafood without backbones – like prawns, lobsters, oysters, octopus, etc). All pasta, grains and dried (but not canned) legumes (chickpeas, lentils, beans, etc) are okay. No pre-seasoned poultry.

No added salt.

No salted foods such as olives, anchovies, capers, pickles, ham, bacon, smallgoods and ordinary butter.

No cheese except low salt types such as ricotta, paneer.

No flavour boosters or commercial stock powders. All single herbs and spices are OK but not some spice mixes.

No commercially prepared dressing, sauce or mayonnaise.

No raising agents or baking soda (bicarbonate of soda) or self-raising flour.

No ordinary bread or breadcrumbs. (Ordinary bread is very salty.)

If processed foods are used they must show sodium below 120mg/100g.

Traveller's Tales

Rick Keam wrestles with eating out.

One of America's great food writers of the 1950s and 60s was James Beard (no family connection with Salt Skip). When placed under doctor's orders to adopt a low-fat and low-salt lifestyle, he did it with style. Far from being a prison sentence, he said, it could be: '...a breakaway from the habits that have been formed during a lifetime – more creative than destructive...You are starting out on a whole new world of eating, and if you have any imagination whatsoever, you can have fun doing it.'

'As for restaurant dining,' he added, 'for the most part you are better off going to those where you are well known. In New York I can go to Quo Vadis, Trattoria de Alfredo, The Coach House, or to most any of my regular haunts. At Windows On The World or The Four Seasons, for instance, they wouldn't dream of letting me have anything with salt in it.' The catch is that he was a famous face, a familiar patron, and commanded a respect partly based on fear. It is nice to fantasise that the world could be the same for us. "Mr Bloggs! It's a while since we've seen you! Yes, two for 7.30 will be fine – Andrew will call you back later to discuss the menu options. And you'd like the pane Toscano again?"

Dream on....

Cultivating one venue so they get to know your needs might sometimes be a possibility, but not when you're travelling.

In our experience, a pub bistro is generally an easier place to avoid salt than many more upmarket places. A simple steak, or the fish of the day, may not be high cuisine but at least you'll enjoy a reasonable meal without having to make too much of a fuss. There are a couple of things to watch, however. Most of the sauces served with steak will contain salt one way or the other, and it is safer to ask for none. This might provide an excuse to have an accompanying drink. As a Meniere's sufferer I am well aware of advice to avoid alcohol, but have never had any problems with one standard glass, particularly if it is a low-alcohol beer. Your own experience will be your best teacher.

Many pub kitchens today produce vegetables, probably steamed, that aren't discernibly salty and are certainly healthier than fried chips. However, most of the better pubs now routinely serve their chips unsalted, and the rest will generally omit the salt if you ask. Just check to be sure.

If the salad bar offers the 'garden' variety, with plenty of whole leaves and maybe a minimal dressing of some simple vinaigrette, it will be fine. But if it is a pasta salad it will be far too salty, and so will the tizzied-up affair still served in a few diehard country pubs – shredded mayonnaised lettuce, some anaemic tomato, one slice of cheese fresh from its plastic wrap, one of tinned beetroot, one of tinned pineapple, one of ham, one of orange, and a boiled egg.

'You are starting out on a whole new world of eating, and if you have any imagination whatsoever, you can have fun doing it.'

Once you're tired of pub grub, what then? Cafés are a problem. If you're in luck you might find one offering a warm chicken salad, which is usually safe and often excellent, but always check with the staff – in one busy Melbourne pasta bar during the lunchtime peak, mine arrived smothered in honey soy sauce, which had not been listed in the dish's description on the menu. I then had to explain why I couldn't eat it. They graciously replaced it, after the necessary wait, but it was a situation everyone could have done without.

In reality it is a constant struggle to find even one café menu item that's safely salt-free or might be simply adapted, without causing chaos in a busy kitchen. But with a bit of perseverance and knowledge of ingredients, the situation can sometimes be salvaged. Here's part of the menu from one tourist-oriented establishment in Echuca, northern Victoria:

Open-Face Sandwiches

A bruschetta-style sandwich on toasted ciabatta:

- Smoked salmon, capers, red onion relish
- Chicken, bacon with a Caesar dressing
- Ham-off-the-bone and camembert
- Thinly-sliced eye fillet steak with roasted potato
- Swiss cheese, avocado & rocket pesto
- Baked eggplant and marinated roasted capsicum

It is unnecessary to salt an eggplant slice before baking, or to salt a marinade, but the salt-wise diner should assume the worst. It is just possible, though, that an enlightened chef may be innocent of both offences. If the place isn't too busy at the time, you might be inclined to ask. Otherwise you have one option. With tactical foresight, you have brought some NAS bread along. Avoiding the temptation to be cheeky and ask for the 'steak'n spud sangers', you comment that "I see from the menu that you've got some gluten-free bread, but I'm on this no-salt bread – could you do me the eye fillet and roasted potato on a toasted slice of it?"

The same place serves dinner on Friday and Saturday nights. Recent specials have included 'lemon grass tiger prawns on sun-dried tomato and roast pine nut salad with citrus dressing', and 'oven-baked pork fillet with roasted vegetables and Italian sausage with rocket and pinenut pesto'. Unfortunately at least one major component of each dish rules them out for Salt Skippers. But two other options would be possibilities. These are the kangaroo fillet with thyme-roasted pumpkin and lemon date couscous with spicy plum sauce (the last almost certainly salty, so ask about a substitute), and the grilled blue-eye fillet on baby bok choy and honey roast carrot with lemon thyme jasmine rice (check that the honey roast carrot doesn't mean honey-soy sauced roasted carrot).

All is not doom and gloom. On a trip through NSW last October, we had two outstanding meals without having to ask any special favours whatsoever. Equal first prize to the Riverfront Tavern at Southwest Rocks for its barramundi with lime butter (routinely unsalted) on a tropical salsa – and, as the Special the day before, a similar presentation of grilled swordfish – and to Phoebe's at the Ten Dollar Town Motel in Gulgong for its succulent roast duck breast with orange caramel liqueur on 'spinach', which in this case was not silver beet (as it usually is in misguided NSW!) but lightly cooked bok choy. Not a trace of saltiness anywhere.

Reprinted from Salt Skip Newsletter No. 139, February 2006. Back copies of the newsletter are available at <http://www.saltmatters.org>.

Eating out while travelling in Japan

Reprinted from the MegaHeart website, <http://www.megaheart.com/>
by kind permission of the author, Don Gazzaniga.

Q: Hi. I may have an opportunity to travel to Japan for a week. I know that soy sauce is out, but I wonder if you have any other suggestions on maintaining a low sodium diet in a foreign country? Thanks. — LeeAnn

A: Great question, LeeAnn.

I spent many months in Japan during the fifties. It was tough back then, but I think that in today's environment you'll do well to stick to American-type restaurants.

When I was there, there weren't any except for the one in the Frank Lloyd Wright designed Imperial Hotel, which no longer stands. They served terrific meals. Since I never have liked salt and learned to cook without it from youth, I was able to get them to prepare a meal for me that was fairly salt free, although not sodium free.

The Japanese use soy sauce all right, but they also serve foods without it. If you want to eat native food, then why not visit a local Japanese restaurant and ask their chef what might fit your diet. Japan and China have become so accustomed to Western diets, however, that they cater to us more than we sometimes want.

I think, however, if you have a local Japanese restaurant, they'd be very helpful.

The search in Japan for fresh fruits and veggies may prove a bit difficult. They are expensive and not plentiful.

Here are some highlights about Japan's eateries that demonstrate how Western they have become:

They have 3500 McDonald's and are building and opening 220 more, although closing 130. (In the U.S. McDonald's will now cook your meat without salt and even make you a 'lettuce wrap burger'.)

Hotels of fame in Tokyo and Kyoto and other places are named:

Radisson
Sheraton
Comfort Inn
Hilton
Clarion
Holiday Inn

The point being, I guess, that you won't have too much trouble with finding Western food. It will probably come down to dealing with the kitchen once again about the salt and sodium.

The Overriding Importance of Bread

No other single food adds so much to the huge overload of salt in the Australian diet as bread, as it is such a staple food and is so much more salty than most people realise. The average sodium content of about 600 mg/100g is five times too high.

A standard bread recipe using plain flour will make a low salt (LS) loaf if the salt is reduced to one fifth of the amount in the recipe. You can also make no-added-salt (NAS) bread. Salt is a dough improver, and without it the loaf is heavier. Other dough improvers work equally well without salt and give a lighter loaf.

Commercial premixes are pre-salted – instead use high quality bread flour and add dough improver. Some small bakeries including some Baker's Delight franchises take orders for 'salt free' (NAS) bread and Brumby's franchises can get the official Brumby's 'salt-free' recipe from their Head Office.

The flavour of LS and NAS bread The best salt substitute is an adapted palate. Some people adapt quickly to NAS bread, but even the slowest are happy with NAS fruit bread, and for most palates potassium chloride salt substitute (No Salt) makes NAS bread taste like ordinary bread.

Getting enough iodine without iodised salt

Mild deficiency—insufficient to cause goitre—is known to affect brain development and intelligence in the growing child, and the World Health Organisation has set new criteria based on urinary iodine excretion. Worldwide, the population with some degree of iodine deficiency is now estimated at one billion, and includes many residents of Tasmania, Sydney and Melbourne.

The recommended intake of iodine per day is 150 micrograms (mcg) for both men and women, and the World Health Organisation now recommends 250 mcg for pregnancy and breastfeeding. As all diets contain some iodine, 100 mcg/day should be an adequate supplement for most people, raised to at least 150 mcg/day for pregnancy and breastfeeding, the time when it is essential for the developing child to get enough.

If you are already taking a multivitamin you can buy many brands that contain sufficient iodine. Vitamin and mineral supplements for pregnancy and breast-feeding contain iodine. Tablets containing only iodine (potassium iodide) and folic acid are marketed for women planning pregnancy (Blackmores I-Folic). Otherwise, your family doctor may wish to prescribe iodine drops by prescription, such as 0.4% potassium iodide drops in 10% alcohol (preservative). If all measurements were exact one drop would supply 153 mcg of iodine. This would need to be made up by your pharmacist.

The Menzies Research Institute recommends iodised bread (NAS or LS). With 3 drops for large loaves (1 kg) and 2 drops for standard loaves (600–700 g) one standard slice has about 15 mcg of iodine—the level at which commercial bread is iodised in Tasmania.

This page was authored by Dr Trevor C Beard.

Dr Beard also authored the book *Salt Matters: the killer condiment* (Hachette Livre, 2007, RRP \$24.95, ISBN: 073362216X).

Dr Trevor Beard was a medical graduate of Cambridge and London and was in general practice for many years in Tasmania, Australia. In his later career with the Australian Department of Health his special interest was in salt as a public health issue. He was Honorary Senior Research Fellow at the Menzies Research Institute — a World Health Organisation Collaborating Centre for Population Based Cardiovascular Disease Prevention Programs. He was a founding member of AWASH (Australian Division of World Action on Salt and Health), and an Honorary Life Member, Australian Nutrition Foundation. For his work in Hobart on salt and health he was elected Senior Australian of the Year 2006 for Tasmania.

Suppliers

Finding low salt processed foods can be one of the most frustrating and difficult tasks you face when you begin low salt eating. SMANZ members have even wondered if they would ever be able to eat anything besides 'meat and three veg, no salt'.

Unfortunately, finding low salt foods can take some searching, and members rarely (if ever!) find one store that stocks everything they need. But cheer up – this section can make your grocery shopping easier.

- 1. Finding Suppliers and Low Salt Foods** – Suggestions drawn from our members' experiences.
- 2. Ordering Bread from Bakers** – Low salt bread is probably the hardest food to find commercially. While many members choose to make bread themselves, some members have found bakers who are willing to bake low salt or no salt bread for them. Here's what worked for them.
- 3. Great Products for Salt Skippers** – Highly recommended products (including some foods you never see in stores) available by mail, phone, email or online shopping.
- 4. Online shopping** – Websites we have used successfully to buy low salt and no salt products, including gluten free, low salt products.

Finding Suppliers and Low Salt Foods

Finding people or companies that can supply our food requirements can be difficult.

If you have a number of medical conditions, it can be doubly hard. You're not alone – some SMANZ members have Meniere's Disorder and are also gluten-intolerant and diabetic.

Local sources

- If you can find someone else in your area with similar needs, why not get together and place an order? Most suppliers can make arrangements for bulk purchases.
- Are there any food clubs, co-operatives, or other special interest groups who band together to buy foods?

If you are motivated enough, you might even start your own group to help find suppliers. You might start by advertising in your local community newspaper. School newsletters and community radio stations can also help out.

- Check out health food stores. They may already stock products you want or be able to order them for you. For example, a health food store that stocks Lotus products can order Lotus baking powder or savoury yeast flakes (a substitute for grated cheese) for you.
- Indian grocery stores are good sources of spices.
- Your local library may have trade directories. Look for catering companies or simply visit a food wholesaler and ask if you can buy products through them. Some will be happy to order products such as margarine and cereals for you.

However, you do have to buy in trade quantities. For example, margarine comes in a carton of 24 tubs. If you have freezer space, you can put one tub in the refrigerator and freeze the rest.

Finding help through our email group

- First join the SMANZ "saltmatters" free email discussion group.
- For more information about the group, and how to join, see the information page and sign-up form at: <http://ozdocit.org/cgi-bin/mailman/listinfo/saltmatters>
- Once you have joined, send an email to the group introducing yourself and asking if anyone has been able to find a good supplier in your local area.
- Members also report new sources for low-salt bread as they find them, or you can send an email to the group asking if anyone has found a source of low-salt bread in your local area (see also next section).

Ordering Bread from Bakers

Salt-free and low-salt breads

Bread made without any salt is always the safest choice for Salt Skippers. However, if you prefer low-salt bread, the salt content should be no more than 0.4% by weight of the flour weight. This level ensures that the bread will be 120mg/100g or less.

Bakery chains

Australia has two major bakery chains, Baker's Delight and Brumby's.

Although neither chain carries low salt bread in their standard range, SMANZ members have reported success in ordering no-salt or low-salt bread from some individual stores.

Some suggestions:

- Talk to the baker or the owner of the store about your needs (they are usually available earlier in the day – try around 9 am). Counter staff may simply tell you that they don't have low-salt bread.
- You may need to reassure the baker that he does not have to clean out the machinery in order to remove the last traces of the previous (salted) batch. You do not have an allergy (like a peanut allergy). You just need a low or no salt bread and small amounts of the previous mixture will not harm you.
- Expect to order a minimum of six loaves (or an equivalent combination of loaves and rolls) made from a single recipe.
- If this quantity is too much at once for you, look for people in your area who would like to share an order.
- Expect to give one or more days' advance notice when you order bread.
- If the bread is an 'experiment', be prepared to pay for the loaves even if they are not exactly as you hoped.

Brumby's Head Office can provide suitable recipes to managers who request them. However, it is the manager's decision whether or not they will bake bread on special orders.

Baker's Delight does not provide recipes, but individual bakers have been willing to experiment or find recipes from other sources. SMANZ members have reported excellent results from Baker's Delight in Mittagong, so the baker there might be able to help with recipes (phone 02 4872 3222).

Small bakeries

You can approach bakers or owners of small, non-chain bakeries in much the same way. You may find it most useful to look for bakeries that already make specialty products, as they do not usually depend on pre-mixes.

Great Products for Salt Skippers

This information was correct at 7 March 2012

Bread Making

Caution! Bread premixes generally contain unacceptable levels of salt. The websites below are recommended for their range of flours, add-ins and baking equipment.

Basic Ingredients and Homebread

Phone: (07) 3283 6049 or Nation Wide Orders 1300 720 037

Fax: (07) 3889 5497

Email: homebread@optusnet.com.au

Website: <http://www.basicingredients.com.au>

Simply No Knead Breadmaking

SNK Breadmaking

5 Cumberland Drive

Seaford VIC 3198

Phone: (03) 9786 0266

Fax: (03) 9786 1123

Email: info@snk.com.au

Website: <http://www.snk.com.au>

The no-knead method involves making a batter and then adding more ingredients to it without kneading. If you do not have a bread maker, this may be the method you want to use.

Lighthouse "Crusty Ancient Grains" Bread Mix

Lighthouse "Crusty Ancient Grains" Bread Mix is very easy to use, especially if you have a breadmaker (also called a bread-making machine, or a baker's oven). The Crusty Ancient Grains Bread Mix is available at Coles supermarkets and probably at other stores also.

The sodium content of the finished loaf is reported on the nutrition information panel as 188mg/100g. Although this is a little above the guideline of 120mg/100g for low salt foods, it is quite low in comparison to most commercial bread, and to most other bread mixes.

The package contains two bags of bread mix and two sachets of yeast, so it makes two loaves (approximately 650-700g for each finished loaf).

If you wish to reduce the sodium content of your home-made bread to below 120mg/100g, you can use half a bag of the bread mix (250g) and add 250g of Lighthouse "Bread & Pizza" Strong Baker's Flour. This will reduce the sodium content of the finished loaf to approximately 100mg/100g.

Each packet of bread mix will then make four loaves. There are only two sachets of yeast enclosed in each box of bread mix, but you can usually produce a good loaf using half an enclosed sachet of yeast. If this does not produce a high enough loaf, you can buy extra yeast at a supermarket or health food store.

Herbs and spices

Garnisha Products Pty Ltd

44 Hatch Rd
Boreen Point QLD 4565
Phone: (07) 5485 3386
Email: garnisha@bigpond.com
Website: <http://www.garnisha.com.au>

Low-salt curry pastes (not those with fish sauce or prawn paste). Phone or email to find distributors in your area.

Herbie's Spices

745 Darling Street (At the Lilyfield end of Darling Street)
Rozelle NSW 2039
Phone: (02) 9555 6035
Fax: (02) 9555 6037
Email: herbie@herbies.com.au
Website: <http://www.herbies.com.au>

Extensive range of herbs and spices, with ideas for using spices, and a free newsletter. Postage is expensive but the herbs and spices are of excellent quality.

Spice World

Bank Arcade
Liverpool St
Hobart TAS 7000
Phone: (03) 6231 6270
Fax: (03) 6267 2654
Website: <http://www.spiceworld.com.au>

Many low salt products.

Low Salt Mayonnaise and Tahini

Health Farm Fine Foods

10 - 16 Ives Road,
Altona North, VIC, Australia 3025
Phone: (03) 9360 9488
Fax: (03) 9369 4922
Website: <http://www.mayvers.com.au>

Low-salt Mayvers Mayonnaise and five varieties of tahini (sesame seed paste).

Purchase online from: <http://www.aussiehealthproducts.com.au/>

Mayvers Mayonnaise also available online from <http://www.onlyoz.com.au/>

Low Salt Olives

Osbourne Olives

PO Box 87
Yackandandah
Vic 3749
Phone: (02) 6027 1503
Email osbourneolives@bigpond.com

Dried (no salt) olives by mail order — prices vary depending on the number of packages ordered. Dried olives can be stored in the freezer.

No Added Salt Condiments

Maleny Cuisine

PO Box 9487

Pacific Paradise QLD 4564

Phone: (07) 5448 7811

Fax: (07) 5448 7880

Email: inquiries@malenycuisine.com.au or via 'Contact' on website

Website: <http://www.malenycuisine.com.au>

Sauces and marinades, salad dressings, relishes, chutneys, jams and marmalade.
Locate your nearest distributor or online source through the website.

Newman's Red Label Products

BJ Meakins Pty Ltd

PO Box 36

Langhorne Creek SA 5255

Phone: (08) 8537 3086

Fax: (08) 8537 3220

Email:

Information info@newmanshorseradish.com.au

Orders orders@newmanshorseradish.com.au

Website: <http://www.newmanshorseradish.com.au/products.htm>

Low salt horseradish sauce, crushed garlic, crushed ginger, and crushed ginger-garlic are available. Order by email, phone or fax, or download an order form from the website and order by mail.

Prepared meals

Tender Loving Cuisine

GPO Box 5105

Sydney NSW 2001

Phone: Freecall 1800 801 200 or 02 9713 5355

Fax: Freefax 1800 801 222 or 02 9713 5230

Website: <http://www.tlc.org.au/>

E-mail: clientservices@tlc.org.au

Healthy frozen home-delivered meals in Sydney-Metro, Central Coast, Newcastle & the North Coast, also Melbourne-Metro. Heart Foundation Tick, certified Organic, or approved by Diabetes Australia. Vegetarian and Vegan meals available. Many meals are low salt (under 120mg sodium per 100g). You can download a brochure from the website or ask to have it mailed to you.

Salad Dressings

Red Kellys

19 Morrison St

Hobart Tasmania

Website: <http://www.redkellystasmania.com.au>

A range of salad dressings.

Salt Skip no-salt stock powders and baking ingredients

Chicken, beef and vegetable stock powders; baking powder; and potassium bicarbonate (use instead of sodium bicarbonate). Ask for calcium glutamate too.

Available from:

Eumarrah Wholefoods

30 Pearl St

Derwent Park

TAS 7009

Phone: (03) 6273 9511

Fax: (03) 6273 9936

Email: eumarrah@eumarrah.com.au

Meniere's Australia Resource and Information Centre

Suite 4

18-28 Skye Rd,

Frankston VIC 3199

Phone: 1300 368 818

Fax: (03) 9783 9208

Email: info@menieres.org.au

Website: <http://www.menieres.org.au>

To order Salt Skip products, contact Meniere's Australia by phone, fax or email. Postage and handling costs apply, depending on the size of the order.

Other low-salt groceries

Savoury yeast flakes

Lotus Foods Pty Ltd

134 Argus Street

Cheltenham Vic 3192

Phone: 1300 762 028

Email: prodinfo@kadac.com.au

Many Salt Skippers have found Lotus Savoury Yeast Flakes are a good substitute for grated cheese. Lotus products are stocked in health food stores. Phone or email Lotus for the closest retailer.

Only Australian Groceries

<http://www.onlyoz.com.au>

Only Australian Groceries has a range of Australian low salt products like low-salt tomato sauce and Mayvers Mayonnaise. You can search for "low salt" to find a number of low-salt products. Be aware however, that many other low salt products are available from OnlyOz – not all come up in the search, you may need to search for other items by name.

And don't forget...

Check these websites for more information about products available in supermarkets and health food stores.

Freedom Foods

80 Box Road,

Taren Point NSW 2229

Phone: Free-call 1800 646 231

Email: info@freedomfoods.com.au

Website: <http://www.freedomfoods.com.au>

Full nutritional information on all Freedom Foods products, plus an information sheet on their low-salt products.

Lowan® Whole Foods

<http://www.lowan.com.au>

29 Glendenning Road

Glendenning NSW 2761

Phone (Free call) 1800 355 718 (Australia only)

The website shows the nutrition of their products.

The Hunt for Low Salt Foods

<http://www.findlowsaltfood.info>

A SMANZ Member's personal website. Extensive information on low-salt processed foods available in Australia. Recipes including low salt bread and low salt sausages. Low sodium baking tips. Guide to reading labels for sodium content and identifying wrong labelling. Links to helpful websites, and much more.

Online Shopping

Groceries

Only Australian Groceries

<http://www.onlyoz.com.au>

Online sales of groceries produced by Australian-owned companies, including Maleny Clean Cuisine and other low-salt products. The 'Low salt products' option provides a complete list of their low salt products. Fast delivery anywhere in Australia.

Low Sodium Foods

<http://lowsodiumfoods.com.au/>

This new site is due to open in April 2012, and is an initiative by a SMANZ member. It will specialise in low salt foods with online ordering.

Enquiries: feedback@lowsodiumfoods.com.au

Low salt, gluten free products

Gluten Free Favourites

<http://www.glutenfreefavourites.com.au>

Stocks low-salt products such as Lotus baking powder and FG Roberts gluten-free self-raising flour. Click on a product name or photo to see the nutrition panel and product description. Ships to anywhere in Australia.

Sunnybrook's Gluten Free Shop

<http://www.glutenfreeshop.com.au>

Stocks low-salt products such as Salt Skip and Lotus baking powders, Maleny Clean Cuisine condiments, and FG Roberts gluten-free self-raising flour. Click on the product name to read the ingredient list and product notes. Nationwide delivery.

Others

These suppliers also provide online/mail order shopping. See the previous article for more detailed descriptions of their products and services.

Health Farm Fine Foods — low salt mayonnaise and tahini

<http://www.mayvers.com.au/> (mainly for commercial quantities and enquiries)

For household ordering of low-salt Mayvers Mayonnaise and five varieties of tahini, purchase online from: <http://www.aussiehealthproducts.com.au/>

Mayvers Mayonnaise is also available online from: <http://www.onlyoz.com.au/>

Herbie's Spices — herbs, spices, and low-salt mixtures

<http://www.herbies.com.au>

Tender Loving Cuisine — prepared meals, frozen, ready to heat.

<http://www.tlc.org.au/>

Hypertension and Meniere's Support Groups

Queensland Hypertension Association Inc. (QHA)

QHA holds meetings with talks by experts in hypertension (high blood pressure), usually at Greenslopes Private Hospital, Brisbane. The talks are reported in the QHA newsletter, **The BP Monitor**, which includes Salt Skip News. The latest issue of the newsletter is posted to members every two months. QHA is the business address of the Salt Skip Program, an important tool in the management of high blood pressure.

In 2012, a new subscription cost \$35, and a renewal cost \$25. The \$35 fee for new members pays for a copy of the book: **Salt Matters: a consumer guide**.

To join QHA, and receive the book and other educational material, and the newsletter every two months, send a cheque for \$35, with your name and postal address to: The Secretary, Queensland Hypertension Association Inc., PO Box 193, Holland Park, QLD 4121.

If you live outside Australia, you will need to contact QHA to arrange a payment method. Overseas prices are AUD\$45 to join and AUD\$35 for a renewal.

Other contact details: Tel: 07 3899 1659 Fax: (07) 3394 7815

Email: qhainc@ozemail.com.au

Meniere's Australia Inc.

Meniere's and control of salt intake: Meniere's disease is a distressing and variable long-term inner ear disorder. Symptoms include disabling attacks of vertigo (often with nausea and vomiting), tinnitus, hearing loss (which may become permanent), and a blocked feeling in the affected ear.

Meniere's Australia encourages the lowering of salt intake as an important management tool for reducing the frequency and intensity of the vertigo attacks that are part of the disorder. Importantly for those seeking good control of salt, Meniere's Australia has a wide range of resources available both to members and to non-members, including low salt resources such as low salt products for cooking and baking, low-salt recipe books and information sheets.

Information about Meniere's Australia (MA): MA is a national non-profit, non-government organisation that promotes and facilitates the development of Australia-wide services & support for those living with Meniere's disease and other vestibular conditions.

MA provides a counselling and referral service, arranges public meetings with expert speakers who speak about Meniere's & other vestibular disorders and about the management of symptoms such as hearing loss and tinnitus. MA provides educational materials about symptoms, about treatments and about management techniques and posts a quality newsletter to members four times a year.

MA has contact people and local support groups in all states of Australia, including in many regional areas. MA provides a confidential personal, email or telephone counselling service to members, as well as a library and extensive resources about all aspects of Meniere's management.

For more information contact the Meniere's Australia Resource and Information Centre, Suite 4, 18-28 Skye Rd, Frankston Victoria 3199. Tel: 1300 368 818 (price of a local call) or (03) 9783 9233 (use this number if you live in Melbourne), Fax: (03) 9783 9208, TTY: (03) 9781 4190

Email: info@menieres.org.au

MSGV website: <http://www.menieres.org.au/>

Links

Adobe Acrobat Reader The most recent versions of Acrobat Reader have increased security settings, so a warning message appears when you click a link to connect to the website on the internet. You can click **Allow** to allow the website to be displayed. Alternatively, you can copy and paste the website address directly into your browser to bypass the security message.

<http://www.saltmatters.org/site/>

Dr Trevor Beard's website

Dr Beard was the author of *Salt Matters: the killer condiment* (Hachette Livre, 2007, ISBN: 978 0 733622 16 8). His website includes the Salt Skip Program explained, and guides to Australian, European, and USA/Canadian food labels. Information pages are available for doctors and other health care professionals. Books, resources, and links to other websites.

<http://www.smanz.info/>

SMANZ (Salt Matters — Australia and New Zealand)

A PDF version of this document *The SMANZ Low Salt "Prescription"* is available for free download from this site.

<http://www.findlowsaltfood.info>

The Hunt for Low Salt Foods

A SMANZ Member's personal website. Extensive information on low-salt processed foods available in Australia. Recipes including low salt bread and low salt sausages. Low sodium baking tips. Guide to reading labels for sodium content and identifying wrong labelling. Links to helpful websites, and much more.

Salt Skip News

Salt Skip News is distributed in printed form in the 'BP Monitor', the Queensland Hypertension Association newsletter. Salt Skip News is published every two months from February to December. It contains a variety of articles focusing on low salt. The current and back issues of the 'Salt Skip News' are available for free download from the following two sites:

<http://www.saltmatters.org/site/>

Dr Beard's site has Salt Skip News issues 133 to 166 (February 2005 to August 2011). Click on "Newsletters" in the menu on the left hand side

<http://www.menieres.org.au/individuals.php>

The above webpage (part of the Meniere's Australia website) has Salt Skip News issues 165 to 172 (June 2010 to December 2011). It is planned that future issues will be added as they become available.

Organisations

<http://www.awash.org.au>

AWASH – Australian Division of World Action on Salt and Health

AWASH's aims to reduce Australian salt consumption. Their website contains lots of interesting information and advice about lowering salt intake, and the connection between high salt intake and a number of medical conditions including high blood pressure, heart problems, kidney disease, osteoporosis, asthma, and Meniere's disease.

<http://www.daa.asn.au/>

Dietitians Association of Australia

You can search for accredited dietitians close to where you live, and look at information on their expertise and interests.

<http://www.menieres.org.au>

Meniere's Australia Resource and Information Centre

Meniere's Australia (MA) is a national non-profit, non-government organisation that aims to promote and facilitate the development of Australia-wide services and support for those living with Meniere's disease and other vestibular conditions.

It provides a counselling and referral service, arranges public meetings with expert speakers, sends members a quarterly newsletter, and has a wide range of resources available including low salt recipe books and information sheets.

Government

<http://www.foodstandards.gov.au>

FSANZ – Food Standards Australia and New Zealand

FSANZ is the inter-government body responsible for maintaining the code of standards for food safety. Detailed information for manufacturers, as well as information about additives and so on for consumers.

<http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Salt?open>

Better Health Channel, Victorian Department of Human Services

The effects of salt on the human body and recommendations on low salt consumption.

Overseas

http://www.megaheart.com/kit_recipes_index.html

MegaHeart – The Kitchen

USA-based website that provides low salt recipes suitable for the Salt Skip Program.

Note:

- The Salt Skip Program does not recommend or endorse low-sodium diets that require sodium counting (which is the standard practice in the USA). However, MegaHeart recipes meet the Program's standards for low-salt foods.

Less Salt — Better Health ~ Information CD* with bonus audio-visual presentation

If you are serious about controlling your salt related medical condition then this new computer and VIDEO resource is essential!*

This revolutionary new product will give you a head start to a healthier low salt diet! With an information packed 30 minute audio slide show* as well as a section for health professionals that everybody should read, you will be well on the way to controlling your excess salt intake. Includes a list of low salt food suppliers, a guide to checking food labels and a pictorial guide to the low salt products available on supermarket shelves to get you started. Plus there is a guide to eating out, a 29 page cookbook, 14 pages of low salt cooking hints, personal stories and lots more!



Note: This CD can be run in either PCs or Macs. It includes an audio-visual presentation (SVCD format) that can be played on most DVD players.

RRPrice ~ \$22.00 including P & H

Salt Matters ~ The definitive classic on salt and health



Dr Trevor Beard, supported by the latest compelling research reveals how 20 common health problems including high blood pressure, osteoporosis, PMS, Meniere's disorder, glaucoma, asthma, carpal tunnel syndrome, kidney stones, travel oedema, swollen ankles, stomach cancer, obesity are related to salt. This 294 page book explains why we need less salt for a healthy lifestyle and provides a practical guide — the salt skip program. It is crammed with tips, and information to get the whole family started on the path to health.

“..deserves to be a best-seller” Professor Stewart Truswell, Sydney University.
(In ANZ Journal of public health)

RRPrice ~ \$35.00 including P & H

The Dizzy Chef ~ Healthy Cooking

A low salt diet is recommended for all Australians as a non-invasive approach to managing a range of preventable medical conditions which can be easily implemented and has a number of other health benefits as well. To complement *Salt Matters* MSGV produced *Dizzy Chef*—a low salt recipe book based on the Australian Dietary Guidelines for everyday use. Includes 186 recipes & 16 pages of colour photos.



RRPrice ~ \$22.00 including P & H

Now Available Special Package Deal: All three items including p&h only \$65!

✂.....

Send this order form by post, fax or email

Phone (03) 9783 9233 Fax (03) 9783 9208
TTY (03) 9781 4190

To **SMANZ** at Ménière's Information and Resource Centre
4/18-28 Skye Road Frankston Vic 3199 AUSTRALIA

Email info@menieres.org.au

Title	Qty	Price	Total
*Less Salt—Better Health ~ Information CD-ROM		\$22.00	\$
Salt Matters By Dr Trevor Beard		\$35.00	\$
Dizzy Chef ~ Healthy Cooking Recipe book		\$22.00	\$
Special Package deal includes all 3 titles		\$65.00	\$
	Total Payment		\$

I enclose a cheque or money order **made out to MSGV Inc.** or
Debit my MasterCard or Visa

Card Number _____ / _____ / _____ / _____ Expiry date ____ / ____

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(Capital letters as appears on card)

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Phone: _____ Email: _____

Receipt required: No Yes