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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Shopping Guide
Eating Out
The Importance of Bread
Suppliers
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Additional Publications (order form)

Interaction of a low salt intake with other conditions
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

Salt Matters — Australia and New Zealand (SMANZ)
The SMANZ quick guide to reducing salt

**WARNING**

The Australian Dietary Guidelines are ideal for healthy people. But if you are pregnant or receiving ongoing 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 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.

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.

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 0mg of sodium. When you find one, check the competing products. My bet is they will be nowhere near 0mg. 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**.

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 very 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 dependent 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.

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 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.

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.
3. The editorial panel: Dr Trevor Beard, Mike Busby, Hilarey Ranger.
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 50 mmol/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
References (Doctor’s letter—Page 2 of 2)


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.

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.

ALTERNATE MAIL ORDER: https://www.lowsodiumfoods.com.au/ (the online low salt food specialists), have Salt Matters: The Killer Condiment (2007 edition) available for $24.95 plus delivery charges (delivery charges are calculated at the checkout)
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 Brigden & Peter Chamberlain. Last updated 13th Mar 2018)*

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**Low Salt Foods Shopping List 2**

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<tbody>
<tr>
<td><strong>Beans</strong></td>
<td>these are low salt</td>
<td>lowsodiumfoods.com.au</td>
</tr>
<tr>
<td><strong>NAS Kidney Beans</strong></td>
<td>supermarkets &lt;15mg/100g</td>
<td></td>
</tr>
<tr>
<td><strong>NAS Cannellini Beans</strong></td>
<td>Woolworths &lt;30mg/100g</td>
<td>Coles 10mg/100g</td>
</tr>
<tr>
<td><strong>NAS Four Bean Mix</strong></td>
<td></td>
<td>or order from: lowsodiumfoods.com.au</td>
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<tr>
<td><strong>NAS Baked Beans</strong></td>
<td>20mg/100g</td>
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<tr>
<td><strong>NAS Chick Peas</strong></td>
<td>Woolworths &lt;15mg/100g</td>
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<tr>
<td><strong>NAS Lentils</strong></td>
<td>5mg/100g</td>
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<tr>
<td><strong>NAS Corn Kernels</strong></td>
<td>supermarkets 20mg/100g</td>
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</tr>
<tr>
<td><strong>V8</strong></td>
<td>low sodium type tomato &amp; vegetable juice 98mg/100ml</td>
<td>93006447922942</td>
</tr>
<tr>
<td><strong>Red Kelly</strong></td>
<td>low salt dressings</td>
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</tr>
<tr>
<td><strong>Mint Sauce</strong></td>
<td>these are less than 15mg/100g</td>
<td></td>
</tr>
<tr>
<td><strong>Beerenberg</strong></td>
<td>Red Currant or Mint Jelly 5mg/100g</td>
<td>Deli’s &amp; grocers order from: beerenberg.com.au</td>
</tr>
<tr>
<td><strong>Garnisha</strong></td>
<td>low salt curry pastes &amp; chutneys</td>
<td>Order from: lowsodiumfoods.com.au</td>
</tr>
<tr>
<td><strong>Jill’s Cuisine</strong></td>
<td>Traditional Tomato Relish</td>
<td>Coles, IGA, etc 53mg/100g</td>
</tr>
<tr>
<td><strong>Maleny Cuisine</strong></td>
<td>Low salt sauces &amp; dressings – if not available locally, order from:</td>
<td></td>
</tr>
<tr>
<td><strong>Salt Skip</strong></td>
<td>soup stock powders 53mg/100ml</td>
<td></td>
</tr>
<tr>
<td><strong>Pampas</strong></td>
<td>Butter Puff Pastry 110mg/100g Woolworths</td>
<td></td>
</tr>
<tr>
<td><strong>Unsalted Butter</strong></td>
<td>&lt;20mg/100g Supermarkets</td>
<td>Regular &amp; cultured varieties are available, also spreadable</td>
</tr>
<tr>
<td><strong>Mayver’s TAHINI</strong></td>
<td>21mg/100g</td>
<td>Made from sesame seeds. Use in dips &amp; instead of butter. Coles and other stores</td>
</tr>
<tr>
<td><strong>Olive Oil</strong></td>
<td>is low salt less than 5mg/100g</td>
<td></td>
</tr>
<tr>
<td><strong>Baby Beetroot</strong></td>
<td>cooked ready to eat</td>
<td></td>
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<tr>
<td><strong>Golden Circle Baby Beetroot</strong></td>
<td>pickled ready to eat supermarkets</td>
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<tr>
<td><strong>Salt Matters by Dr T C Beard</strong></td>
<td>the essential book for salt skippers</td>
<td></td>
</tr>
<tr>
<td><strong>Coles NAS mushrooms in butter sauce</strong></td>
<td>18mg/100g</td>
<td></td>
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<td><strong>Low Salt COCOA</strong></td>
<td>&lt;20mg/100g supermarkets</td>
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<td><strong>Arnott’s Royals</strong></td>
<td>Dark or Milk Chocolate 88mg &amp; 113mg/100g</td>
<td>9310072001176 &amp; 9310072001176</td>
</tr>
<tr>
<td><strong>Arnott’s Wagon Wheels Minis</strong></td>
<td>chocolate biscuits 114mg/100g</td>
<td>9310072001259</td>
</tr>
<tr>
<td><strong>Arnott’s Gaiety</strong></td>
<td>chocolate biscuits 73mg/100g</td>
<td>9310072010878</td>
</tr>
<tr>
<td><strong>Triple &amp; Tina Wafer</strong></td>
<td>55mg &amp; 53mg/100g</td>
<td>9310072010838 &amp; 931007200107</td>
</tr>
<tr>
<td><strong>Almond Bread</strong></td>
<td>is low salt</td>
<td></td>
</tr>
<tr>
<td><strong>Sara Lee Chocolate Swirl Bavarian</strong></td>
<td>101mg/100g Supermarkets</td>
<td></td>
</tr>
<tr>
<td><strong>Nana’s Rhubarb &amp; Apple Crumble</strong></td>
<td>Woolworths 89mg/100g</td>
<td></td>
</tr>
<tr>
<td><strong>Ice Cream</strong></td>
<td>is low salt</td>
<td></td>
</tr>
<tr>
<td><strong>NAS Peanut Butter</strong></td>
<td>is low salt (&lt;20mg/100g)</td>
<td></td>
</tr>
<tr>
<td><strong>Milk, cream &amp; yoghurt</strong></td>
<td>are low salt</td>
<td></td>
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<tr>
<td><strong>Dr Beard’s Salt Skip Program treats Egg as a low salt food</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fruit &amp; dried fruit</strong></td>
<td>are low salt</td>
<td></td>
</tr>
<tr>
<td><strong>Vegetables</strong></td>
<td>(fresh or frozen) are low salt</td>
<td></td>
</tr>
<tr>
<td><strong>Unsalted NUTS</strong></td>
<td>are low salt &amp; a healthy snack</td>
<td></td>
</tr>
</tbody>
</table>
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.

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.

It is always best to make prior arrangements with the restaurant. In addition you might like to use this note at the time of your visit.

For more information, see http://www.saltmatters.org
**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 pine nut 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.

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 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 though 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.
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  
Low-salt curry pastes. Their website has a list of products, with the salt free ones marked, also a list of distributors. Order Garnisha low salt curries from [https://www.lowsodiumfoods.com.au](https://www.lowsodiumfoods.com.au)

**Herbie’s Spices**  
4/25 Arizona Rd  
Charmhaven NSW 2263  
Phone: 1800 437 243  
Email: herbie@herbies.com.au  
Extensive range of herbs and spices, with ideas for using spices, and an online newsletter. The herbs and spices are of excellent quality. Order from Herbies website (they use Express Post for deliveries) or order from the Low Salt Food Specialists: [https://www.lowsodiumfoods.com.au](https://www.lowsodiumfoods.com.au)

**Spice World**  
10 Bank Arcade  
Liverpool St  
Hobart TAS 7000  
Phone: (03) 6231 6270  
Fax: (03) 6267 2654  
Many low salt products. Visit their shop, or order online on their website.

**Osborne Olives**  
PO Box 87  
Yackandandah  
Vic 3749  
Phone: (02) 6027 1503  
Email: osborneolives@bigpond.com  
Low Salt Olives. Dried (no salt) olives by mail order — prices vary depending on the number of packages ordered. Dried olives can be stored in the freezer.

**Low Sodium Foods – The Low Salt Food Specialists**  
Run by Anne McKenzie & Marie Pearson, this online shop stocks only low salt products. They have a big range of spices, plus other low salt products including dressings, condiments, sauces, soup powders & liquid soup stocks, tinned NAS Salmon & Tuna (hard to find elsewhere), baked beans, and snacks, crackers & potato chips. They also have low salt cook books and Dr Trevor Beard’s important book *Salt Matters*.  
Website: [https://www.lowsodiumfoods.com.au/](https://www.lowsodiumfoods.com.au/)  
Phone: (08) 8336 1673  
Mob: 0407 792 938  
Email: info@lowsodiumfoods.com.au
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 stockist through their website or order online from Low Sodium Foods: https://www.lowsodiumfoods.com.au/

Newman’s Red Label Products
BJ Meakins Pty Ltd
PO Box 36
Langhorne Creek SA 5255
Phone: (08) 8537 3086
Fax: (08) 8537 3220
Information: info@newmanshorseradish.com.au
Orders: orders@newmanshorseradish.com.au
Website: https://newmanshorseradish.com.au/
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 meals home-delivered from Brisbane to Wollongong, also Melbourne. Various categories can be selected, such as low salt (under 120mg sodium per 100g), heart friendly, diabetes friendly, gluten free, etc. Vegetarian meals available. Many meals are low salt. Menus & brochures available.

Salad Dressings

Red Kellys
1/149B Macquarie St
Hobart 7000 Tasmania
Mobile: 0409 945 669
Email: info@rkt.net.au
Website: http://www.redkellystasmania.com.au
Some of their salad dressings are low salt. You can buy from supermarkets & other stores, order online from the link on their website, or order from Low Sodium Foods (who stock only the low-salt ones): https://www.lowsodiumfoods.com.au/
Salt Skip no-salt stock powders and baking ingredients
Salt Skip Chicken, beef and vegetable stock powders; Salt Skip baking powder; and Salt Skip potassium bicarbonate (use instead of sodium bicarbonate). Produced by:

Eumarrah Wholefoods
39 Barrack Street
Hobart, Tasmania 7000
Phone: (03) 6234 3229
Facebook: https://www.facebook.com/EumarrahHobartOrganicNaturalFood/

and

54 Frederick Street
Launceston, Tasmania 7250
Phone: (03) 6331 7682
Facebook: https://www.facebook.com/EumarrahLauncestonOrganicNaturalFood/

Contact through Facebook or by phone

The Salt Skip products mentioned above can be ordered online from Low Sodium Foods: https://www.lowsodiumfoods.com.au/

Other low-salt groceries

Lotus Savoury Yeast Flakes
Lotus Foods Pty Ltd
134 Argus Street
Cheltenham Vic 3192
Phone: 1300 762 025
Facebook: https://www.facebook.com/lotuspantry
Email: info@lotuspantry.com.au

Many Salt Skippers have found Lotus Savoury Yeast Flakes to be a good substitute for grated cheese.
Lotus products are stocked in health food stories.
Phone or email Lotus for the closest retailer.
Lotus Yeast Flakes can be ordered online from: https://www.aussiehealthproducts.com.au/
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 (within Australia only)
Email: info@freedomfoods.com.au

Full nutritional information on all Freedom Foods products on the website. Check out the products that are less than 120mg sodium per 100g.

**Lowan® Whole Foods**
29 Glendenning Road
Glendenning NSW 2761
Phone: (Free call) 1800 803 605 (within Australia only)

The website shows the nutritional information for their products. Nearly all of their products are low salt.

**The Hunt for Low Salt Foods**
[http://www.findlowsaltfood.info](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**

**Low Sodium Foods – The Low Salt Food Specialists**
Run by Anne McKenzie & Marie Pearson, this online shop stocks only low salt products. Their stock includes tinned low-salt salmon & tuna (hard to find elsewhere), beans & baked beans, spices, dressings, condiments, sauces, soup stocks and snacks, crackers & potato chips. They also have low salt cook books and Dr Trevor Beard’s important book *Salt Matters*.

Website: [https://www.lowsodiumfoods.com.au/](https://www.lowsodiumfoods.com.au/)
Phone: (08) 8336 1673
Mob: 0407 792 938
Email: info@lowsodiumfoods.com.au

**Aussie Health Products**
PO Box 435, Mudgeeraba 4213, QLD
Phone: 1300 780 867
Email: mail@aussiehealthproducts.com.au
Website: [https://www.aussiehealthproducts.com.au/](https://www.aussiehealthproducts.com.au/)

Useful for online ordering if you know what products you want to buy.
Low salt, gluten free products

Decadent Alternatives
Decadent Alternatives sell their *Bakers' Magic Gluten free flour* via their online shop. Their website also has an extensive guide to Gluten Free Baking, and many recipes and ideas for a wide range of gluten free baking.

Gluten Free Grocer
Many gluten free products can be ordered online from their website:

Sunnybrook Health Store
Stocks low-salt products such as Salt Skip and Lotus baking powders and FG Roberts gluten-free self-raising flour. Nationwide delivery.

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

Health Farm Fine Foods — low salt tahini
For household ordering of five varieties of tahini, purchase online from:

Herbie’s Spices — herbs, spices, and low-salt mixtures
http://www.herbies.com.au

Tender Loving Cuisine — prepared meals, frozen, ready to heat.
https://www.tlc.org.au/
**Peer support for people wanting to control salt intake**

Come along free of charge and start receiving emails from the **Salt Matters email discussion group**.

This is an internet support group for people who control their salt intake. It may be the world’s first.

Frustrated shoppers looking for low salt foods can get a lot of help by joining (subscribing).

There is no fee. Just send a blank email to: saltmatters-subscribe@ozdocit.org

You will then receive a Welcome Message with more information, and start getting emails from all the other subscribers who have something to share with the group or something to ask. If you answer any of those emails your contribution will go out to the whole list and be seen by everybody else.

This list has been a great success.

**Meniere's disease 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 support groups encourage 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.

**Peer support for people with Meniere's**

Peer support is available for those with Meniere’s (or with a similar disorder causing vertigo or dizziness). Peer support is simply the support that sufferers of the same disorder offer to each other. In the larger cities of Australia this may be by face-to-face contact at regular meetings.

For those in regional areas or those who cannot attend meetings, the alternative is contact via social media (such as Facebook groups) or via email groups.

The **Meniere’s Chat Group** is an email group, established in 2001, which caters mainly for Australian & NZ residents with Meniere’s.

The Meniere's Chat Group is hosted on a non-commercial website. There are no joining or subscription charges, it is completely free and has no advertising. To start the subscription process, go to this webpage:

http://ozdocit.org/cgi-bin/mailman/listinfo/menieres

The above webpage has further information about the group, and a web form to fill out to start the subscribing process. Once you have done that, you will receive an automated email requesting confirmation that you want to join the group. You simply need to hit "reply" and "send" to confirm. Your request to join is then sent to the administrator of the group, who may contact you by email. The current administrators are David Brigden & Jeff Craike.

Remember to look in your SPAM (or JUNK) email folder for messages, as well as in your Inbox. If you find messages from the group in your Spam folder, select the message and click on the "not spam" button – this teaches your email program to send the messages to your Inbox.

If you strike any difficulties in subscribing to the Meniere’s Chat Group, or if you have questions about procedure you should contact the administrator by email. You will find the administrator's email address on the webpage given above.

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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://salt-matters.org/site/index.html

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 was distributed in printed form in the 'BP Monitor', the Queensland Hypertension Association newsletter. Salt Skip News contained a variety of articles focusing on low salt. The back issues of Salt Skip News are available for free download from Dr Beard’s site, which has Issues 133 to 174 (February 2005 to April 2012).
Click on "Newsletters" in the menu on the left hand side
http://salt-matters.org/site/index.html
Organisations


The George Institute for Global Health
The George Institute for Global Health media releases page is a good spot to look for consumer oriented information about the campaign to lower the salt intake of the general population.


World Health Organization Collaborating Centre for Population Salt Reduction (WHO CC SALT)
The website contains lots of policy documents, previous bulletins, and external links to other sites, some of which may be of general interest.

https://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.

Government


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.


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 Salt Skip Program’s standards for low-salt foods.

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Useful Books for Salt Skippers

**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)

**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.

**Dizzy Chef** – a low salt recipe book for everyday use based on the Australian Dietary Guidelines.

Includes 186 recipes & 16 pages of colour photos.

**The No Salt Cookbook by Emily George**

The No Salt Cookbook is full of delicious recipes that use herbs and spices to add texture without compromising on taste.

If you are following a low-sodium diet for health reasons, or you simply want to cut down on your salt intake, you'll find the recipes in The No Salt Cookbook easy to make, nutritious and delicious.

Based on the known benefits of the Mediterranean style of cooking, you'll love the traditional Italian dishes, Portuguese style chicken and delicious desserts.

These books can be ordered online from Low Sodium Foods – The Low Salt Food Specialists

Website:  https://www.lowsodiumfoods.com.au/

Phone:  (08) 8336 1673

Mob:  0407 792 938

Email:  info@lowsodiumfoods.com.au

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