

LOW SALT DIET

A low salt diet is used for people with diseases that affect fluid balance or where a decrease in body fluid volume will relieve symptoms of the disease. Conditions where control may be indicated are severe heart failure, impaired liver function, high blood pressure, kidney disease & Meniere's disease.

The Dietary Guidelines for Australians advise choosing foods that are low in salt. A food labelled "low salt" must contain no more than 120 mg of sodium per 100gms (120mg/100g).

Intake of Dietary Salt (sodium)

A normal salt diet – between 1100 - 3300mg per day

A high salt diet – between 4000mg – 6000mg per day

A low salt diet – between 400mg – 1000mg per day

Heart Failure

It is important to decrease the amount of sodium you eat when you have heart failure, because it causes the body to hold onto extra sodium. The sodium causes extra fluid to build up in the body, which makes the heart work harder. It also causes symptoms such as swelling of the ankles, feet or abdomen, shortness of breath, or weight gain.

High Blood Pressure / Hypertension

High blood pressure or hypertension is a persistent elevation of blood pressure above normal. Sodium chloride (salt) is one dietary factor that has been associated with the development of hypertension. Other factors that contribute to hypertension are heredity, obesity & ageing. If hypertension is not detected & left untreated, there can be an increased risk of stroke, heart attack, or kidney failure. A decrease in dietary sodium has been shown to decrease blood pressure in individuals suffering from hypertension.

Meniere's Disease

Meniere's Disease is a problem with the fluid-balancing regulator in the inner ear, causing an imbalance in fluid pressure between two inner ear fluid chambers. Typically people with Meniere's disease experience repeated bouts of vertigo,

tinnitus (hissing, ringing, or roaring sound in ear), a build up of pressure in the ear & hearing loss. Excessive salt intake can make Meniere's disease worse by causing extra fluid retention in the endolymphatic chamber. Limiting salt intake to 1500 mg per day can have a favourable impact on Meniere's disease.

Cautionary Note: There are several conditions where a low salt diet is not appropriate & may be harmful. These include pregnancy, when diuretics are prescribed & following bouts of diarrhoea and vomiting.

Dietary Suggestions To Help Reduce Salt Intake

1. Take the salt shaker off the table & omit salt from recipes & food preparation
2. Limit & eventually stop using salt & high sodium seasonings in cooking.
3. Reduce the amount of high sodium products & seasonings you use such as soy sauce, sauces, dressings, garlic & onion salts, stock cubes / powders, MSG & salted nuts.
4. Reduce the consumption of cakes, biscuits, muffins or products using baking powder (sodium bicarbonate).
5. Try flavouring foods with fresh onion & garlic, herbs, spices & lemon juice.
6. Limit & reduce consumption of take away foods, salty foods such as pickles, cured, salted canned, smoked or processed meats & fish, salted snacks, canned soups.
7. Rinse canned vegetables, beans & fish to remove most of the salt.
8. Use more fresh fruit & vegetables as they are naturally low in sodium.
9. Read food labels carefully to determine the amount of sodium. Low salt is no greater than 120mg per 100g. Be wary of terms such as lite, light, lightly salted, reduced salt, as may not be low salt.
10. Look for low salt & unsalted food products. Visit www.saltmatters.org for information.
11. When eating out ask that your food be prepared without added salt.

Note: Most salt substitutes contain potassium. If you are on prescribed medicines, discuss use of salt substitute with your doctor first.

LOW SALT

1. Heart Disease
2. High Blood Pressure / Hypertension
3. Kidney Disease
4. Meniere's Disease



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PRODUCTS

- ◆ Low Salt (less than 120 mg/100g)
- ♥ Less than 3% fat, no saturated fat
- Low GI

Fruit Cookies – 97% Fat Free

- ♥ Apricot Temptation (GI – 47)
- ♥ Spicy Apple Sensation (GI – 47)
- ♥ Blueberry Bliss (GI – 47)
- ♥ Zest Ginger (GI – 47)
- ♥ Sticky Date (GI – 47)

All Fruit Cookies contain 72mg of sodium per 25g serve and 290mg of sodium per 100g

Slices/Bars

Gluten Free, Wheat Free

- ◆ Omega Bar (GI – 21)

Nutritional Snack Bars:

- ◆■ Yoghurt Coated Almond & Apricot (GI – 52)
- ◆■ Almond & Apricot (GI – 54)
- ◆■ Simply Nuts (GI – 39)
- ◆ Macadamia & Pineapple - Medium GI (56)

Snacks

Gluten Free, Wheat Free

- ♥◆ Baked Corn Chips - Plain
- Fried Corn Chips ◆ Plain
 - ◆ Cheese
- ◆ Chick Pea Chips (GI – 44)
- ◆ Potato Chips – No added salt

Confectionery - Gluten Free, Wheat Free

Fruit strips enriched with a vitamin and mineral blend

- ♥◆ Apricot & Apple (GI – 29)
- ♥◆ Peach & Pear (GI – 29)
- ♥◆ Plum & Apple (GI – 29)

Fruit Spreads

Gluten Free, Wheat Free

- ◆♥ Apricot (GI – 29)
- ◆♥ Raspberry (GI – 26)
- ◆♥ Strawberry (GI – 29)
- ◆♥ Marmalade (GI – 27)

Breakfast Cereals

- ♥◆ Hi-Lite Cereal with Wholegrain - enriched with vitamin C, iron & folate (GI – 54)
- ♥◆ Rice Flakes with Psyllium, gluten free
- ♥◆ Rice Puffs with Psyllium, gluten free
- ♥◆ Corn Flakes with Psyllium, gluten free
- ♥ Ultra Rice with Psyllium, gluten free (184mg sodium per 100g/92mg sodium per 50g serve)
- ◆ Muesli - Yeast Free, Wheat Free (GI – 44)
- ◆ Muesli - Gluten Free, Wheat Free (GI – 50)
- ◆ Quick Oats Porridge, Wheat Free (GI – 50)

Breakfast Bars

- ♥◆ Hi-Lite Breakfast Bar (GI – 53)
- ◆ Muesli Breakfast Bar, gluten free (GI – 50)
- ◆ Super Berry Breakfast Bar, only 4% fat – Medium GI (57)

Pastas

Gluten Free, Wheat Free

Enriched with a vitamin & mineral blend with added fibre.

- ◆♥ Enriched Spaghetti (GI – 51)
- ◆♥ Enriched Rice Pasta (GI – 51)

Sauces

Gluten Free, Wheat Free

- ♥◆ Tomato Pasta Sauce

Beverages

Gluten Free, Wheat Free

Organic Grape Juices

- ♥◆ Black Muscatel
- ♥◆ Shiraz
- ♥◆ White Muscatel

Bakery

Gluten Free, Wheat Free

- ♥◆ All-Purpose Flour

Cookbook (RRP \$24.95)

NEW GLUTEN FREE PRODUCTS AVAILABLE SOON:

- **Wraps**
- **Frozen Foods** - Pizzas (Supreme, Hawaiian)
 - Shepherd's Pie
 - Crumbed Fish Fillets
 - Crumbed Chicken Fillets
 - Apple Crumble
 - Sticky Date Pudding
 - Donuts

Low Allergenic Personal Care Products

- Natural shampoo & conditioner
- Crystal deodorant stick
- Crystal deodorant spray
- Crystal roll-on
- Fragrant free aluminium free roll-on deodorant
- Fragrant free body soap

Avoid any of these Freedom Food Products if a known allergy exists.

Glycemic Index (GI) is a ranking of the carbohydrate according to their effect on glucose levels. The GI has been tested by the International Diabetes Institute using approved methodology.

Low GI ≤ 55

Medium GI = 56 – 69

High GI ≥ 70

The Freedom Foods Cookbook (RRP \$24.95) provides an interesting variety of high nutrient dishes that makes it easier to cope with the restrictions of a low salt diet.

Visit Freedom Foods website

www.freedomfoods.com.au or free-call

1800 646 231 for further information.