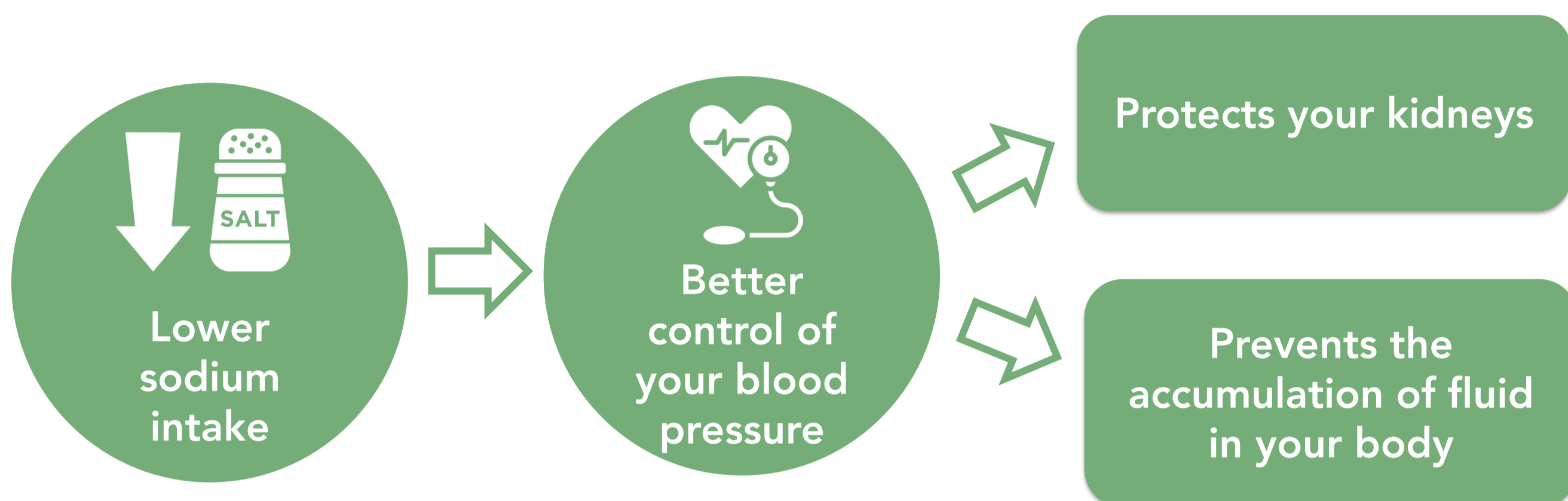


# REDUCE SODIUM INTAKE

## Benefits of lower sodium intake on your health



The daily recommended sodium intake is less than 2000mg per day.  
2000mg sodium = 5g of salt = 1 teaspoon of salt

## How to lower sodium intake when eating out

- Avoid dipping sauces and ask for less salt/no added salt
- Limit gravy and soup intake

Food	Sodium content*	Tips to lower sodium content	Lower sodium content*
Fishball noodle soup	3800mg	Opt for slice fish noodle soup	1810mg
Laksa with gravy	3130mg	Limit gravy intake	1630mg without gravy
Mee siam with gravy	2350mg	Limit gravy intake	1010mg without gravy
Meatball pasta (tomato base)	1470mg	Try aglio olio	790mg
Chicken rice	1260mg	Swap for plain rice and chicken without skin	500mg
Roti prata, plain	540mg	Choose chapati or plain thosai	Chapati: 120mg Thosai: 270mg



\*All sodium values are an estimation

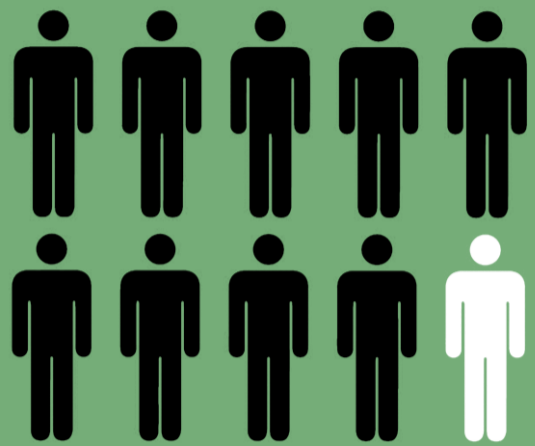


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# REDUCE SODIUM INTAKE

## DID YOU KNOW?



9 in 10 Singaporeans consume too much salt daily. Singaporeans take in an average of 3600mg of sodium every day.

## FACT:

Other varieties of salt like Sea/ Himalayan/ Bamboo salt have no proven health benefits and have similar sodium content as regular salt.



Use them sparingly.

## Sodium content of sauces

Type of sauce	Estimated sodium content per teaspoon (mg)
Salt	2000
Fish sauce	500
Soy sauce/ tom yum paste/ curry paste	400
Lower sodium soy sauce	200
Oyster sauce / laksa paste	150
Chili sauce/ Tomato sauce	50

Avoid high-sodium sauces and condiments



Use seasonings lower in sodium to flavour your food, such as herbs and spices, pepper, ginger, garlic, onion, sesame oil, vinegar, lemon/ lime juice



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