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Workplace & Organization Wellness



Practical Ways to Manage Salt Intake

Salt is commonly used to enhance flavour and preserve food, but every time salt is added, the mineral sodium (found in salt), is added as well.

Consuming too much salt can increase blood pressure, lead to a stroke, heart attack or even kidney failure.

To control your salt/sodium intake:

- Taste food before adding salt and measure the amount needed.**
- Flavour foods with fresh seasonings like onion and garlic.**
- Replace bouillon cubes and soy sauce with herbs or unsalted seasoning blends.**
- Clean fish and meat with lime juice only.**
- Use less processed foods like corned beef, hot dogs and ham, or avoid completely.**
- Choose snacks lower in sodium like unsalted nuts or low-salt, homemade popcorn.**

THE NATIONAL NUTRITION CENTRE
MINISTRY OF HEALTH AND WELLNESS

✉ Nutrition.Centre@barbados.gov.bb

☎ 246-536-3852