



## AWARENESS

# SOURCES OF SALT IN THE DIET

**We need salt, but the problem comes in when we consume too much of it. These typical foods, consumed on a daily basis, could be the reason you're getting too much salt in your diet.**

Salt is consumed from a number of different sources:

- **Natural**

All foods contain some salt (5%) naturally, including milk, meat and vegetables.

- **Discretionary salt**

Salt, which is added during cooking as well as being available at the table is called discretionary salt. In fact, about 40% of salt intake comes from discretionary salt! Himalayan salt is often used as a "healthier alternative" to typical table salt.

However, salt is salt, and even though it may contain small amounts of other trace elements (which can be consumed via better food sources), it can still contribute negatively to one's health if used in large amounts.

- **Salt in processed foods**

The highest contributor of salt intake comes from processed foods, which accounts for 55% of the typical Western diet! These foods contain "hidden salt", which may not be obvious to the layperson. [The daily contributors to salt intake in Southern Africa](#) are listed in order below:

1. All types of bread – contributing 5% – 35% of total sodium intake. A typical 2 slice serving of a commonly consumed bread contains 533mg.
2. Processed meat products (e.g. sausage, pies, bacon, polony, etc.)
3. Soup or gravy powder – contributing up to 17% of sodium intake.
4. Meat and vegetable extracts, as well as salt-containing spices.
5. Hard or block margarine – contributing up to 13% of sodium intake.
6. Savoury snacks (including chips).
7. Breakfast cereals.

To find out more about the impact salt can have on your overall health, [click here to read this article...](#)