

Reducing Our Salt Intake

An activity of "Salt: Useful until there is too much of it".

Salt is essential for our bodies, and it makes our food tasty and delicious. However, many people are eating too much salt and that is not good for their health. Read "Salt: Useful until there is too much of it" (pages 16–17, *What's Up* May 2025).

A. Tick (✓) "True" for the correct statements and "False" for the incorrect ones. Write a correction statement for those that are false. The first one has been done for you.

1. Eating too much salt does not have any effect on one's blood pressure. ___ True <input checked="" type="checkbox"/> False (<i>Correction: Too much salt can cause high blood pressure.</i>)
2. Salt is made up of sodium and chloride. ___ True ___ False
3. A 2022 survey showed that Singaporeans eat about nine grams of sodium daily. ___ True ___ False
4. We need sodium in our bodies to send electric signals from the brain to the rest of the body and back. ___ True ___ False
5. Sodium in our bodies prevents dehydration. ___ True ___ False
6. Salt is used as a preservative to prevent food from spoiling. ___ True ___ False
7. To make cookies sweeter, sprinkle a generous amount of salt on them. ___ True ___ False
8. Singapore's Health Promotion Board recommends limiting daily sodium intake to 2000mg. ___ True ___ False
9. High blood pressure can lead to heart attacks. ___ True ___ False
10. Research says that more than half of Singaporean adults suffer from high blood pressure. ___ True ___ False

B. For good health, salt is essential to our bodies. For example, we need to replenish the salt in our bodies when we lose some through sweating. However, for those of us who eat too much salt, how can we reduce our salt intake? Below are some ways:

- Taste the food before adding salty seasoning so that you know how much to add.
- Do away with or reduce the amount of seasoning and sauces.
- Instead of salt, season your food with herbs, spices, juices, and oils.
- Eat less processed food because it may contain a lot of salt.

1. For three days, record in the table below what you ate and how you reduced your salt intake.

Reducing My Salt Intake		
Date	What I Ate	What I did to reduce my salt intake

2. In small groups, share your experience of how you reduced salt in your food. How did the food taste? How did it affect your enjoyment of the meal?
