Khoo Teck Puat Hospital
NHG Health

Yishun Community Hospital
NHG Health

Adding Years of Healthy Life

Department of
Nutrition & Dietetics

Low Sodium Diet

What is Sodium?

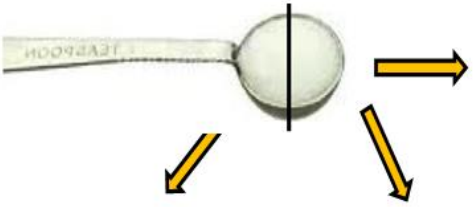
- Sodium is a mineral in your body that helps control fluid balance, blood volume and blood pressure.
- Sodium is found naturally in foods at low levels. High levels of sodium are found when you use large amounts of salt and seasonings during cooking, or when you eat processed or preserved foods.

Why is it important to cut down sodium in your diet?

- Too much sodium may make the following medical conditions worse if you already have them:
    - If you have high blood pressure, too much sodium may raise your blood pressure. This may make your blood pressure medicines work less well and increase your risk for stroke and heart disease.
    - If you have heart or kidney disease, too much sodium may cause fluid to build up in your body. This can cause swelling in your feet and legs and may even lead to shortness of breath.

How much sodium/salt should I consume in a day?

≤ 2000mg Sodium = ≤ 1 teaspoon Salt (5g of salt)



Seasoning



Processed foods



Natural Sources



Preserved Foods



How much salt is in these foods?

1 teaspoon = 5g of salt



2.5g

Dark Soy Sauce (1 saucer)



4g

Light Soy Sauce (1 saucer)



5g

Oyster Sauce (1 Saucer)



0.5g

Ketchup (1 saucer)



0.5g

Chilli Sauce (1 saucer)



1.5g

Ajinomoto/MSG (1 tsp)



12g

Stock Cubes (1 cube)



11g

Chyesim (100g)



2g

Luncheon meat
(2 slices)



4g

Salted egg
(1 whole egg)



4g

Instant noodles
(1 packet)

Amount of salt in common dishes

Dishes	Amount	Salt Content
Fishball noodles	1 bowl	4 g
Chicken rice	1 plate	4.8 g
Nasi briyani with chicken	1 plate	5 g
Mee rebus	1 bowl	5.5 g
Prawn noodles soup	1 bowl	5.5 g
Ban mian	1 bowl	6.5 g
Mee siam	1 bowl	6.5 g





Tips to reduce salt intake

Tip #1: When shopping for food, choose low sodium food products

- Limit processed food, choose fresh foods
- Read the label
  - Choose 'reduced salt' or 'low salt' or 'no salt added' food products.
  - Check the ingredient list. Choose foods that do not list sodium as one of the first few ingredients. Look out for: sea salt, vegetable salt, rock salt, sodium chloride, monosodium glutamate, sodium bicarbonate, stock cubes.
  - Choose products with the 'Lower in Sodium' healthier choice symbol



Tip #2: When preparing your food, limit the amount of salt and seasoning added

- Taste your food before adding any salt or seasoning when cooking.
- Use only small amount of either salt or seasoning.
- Replace salt and seasoning with natural herbs and spices.

Pepper	Garlic	Coriander	Lemon
Cinnamon	Onion	Parsley	Lime
Clove	Ginger	Lemongrass	Vinegar
Curry Powder	Turmeric	Mint	Rice Wine
Five Spice Powder	Chilli	Curry Leaves	Sesame Oil



- Please consult your Doctor or Dietitian if you are using salt substitutes (e.g. Pan Salt, Lo Salt)



Tip #3: When having your meal, limit intake of sauces and gravy

- Avoid dipping or adding sauce e.g. soy sauce, tomato sauce.
- Leave behind gravy or soup.
- Limit gravy added to your rice.



Tips #4: Make a gradual change when cutting sodium in your diet

- Allow time to get used to the taste of less salty food as your taste buds can be retrained.
- Cut down salt intake gradually over 6-8 weeks.

Please contact KTPH & YCH Dietitian at 6602 2420 if you have any nutrition related questions.

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