Khoo Teck Puat Hospital
NHG Health

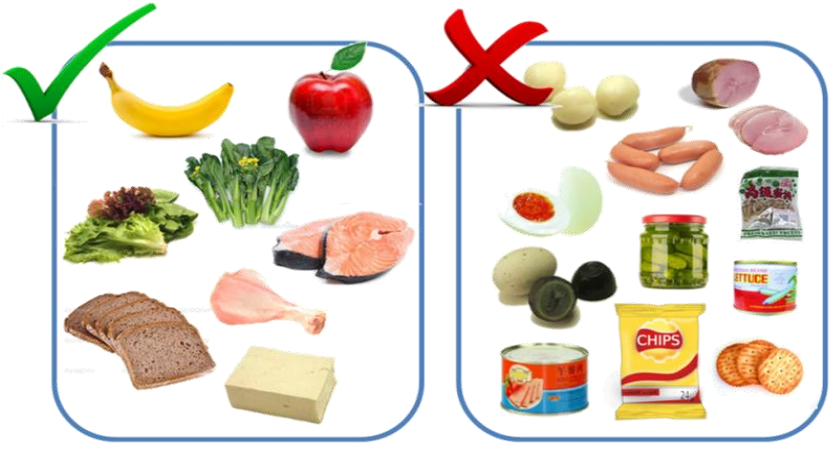
Yishun Community Hospital
NHG Health

Adding Years of Healthy Life

Department of
Nutrition & Dietetics

Simple Ways to Reduce Sodium intake in Your Diet

TIP 1: Choose fresh foods over processed or preserved foods



TIP 2: Limit usage of salt and seasonings. Substitute with fresh herbs and spices



TIP 3: Choose plain rice instead of flavoured rice



TIP 4: Avoid dipping sauces or adding extra gravy to meals



Tip 5: Leave behind soup stock and gravy



TIP 6: Read food labels: Choose 'reduced salt' or 'low salt' or 'no added salt' products



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

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