



# Salt Vs Sodium

January 2019

## Salt Vs Sodium!

Salt and sodium are often used interchangeably but are they the same thing? Not exactly.

Salt is a combination of sodium and chloride. It is also often called 'common salt' or 'table salt'. Salt has been used in food preparation for thousands of years, not only to provide flavour but to help preserve foods.

Sodium is a mineral that occurs naturally in foods or is added during manufacturing. It is in virtually all foods that we eat, even when they do not have any salt added to them. For example, sodium is added to some foods using some food additives, such as 'sodium saccharin (a sweetener)' and sodium metabisulphite (a preservative). When food additives are present in a food, they are identified in the ingredient list, either by name or number.

Why is too much salt bad for you?

Consuming too much salt can cause high blood pressure, heart disease and kidney stones. Your body also needs more potassium to be able to deal with the excess salt. Exactly how salt increases blood pressure is still in dispute. The simplest explanation is that when salt intake is too high, the kidneys cannot pass it all into the urine and some ends up in the bloodstream. This then draws more water into the blood, increasing volume and pressure.

Here's a few ways you could reduce your salt intake;

1. Cut down on salt when you are cooking. Add just a pinch when the food is on the table
2. Use no-sodium seasonings as well as herbs and spices to add lots of flavour without the salt
3. Buy low-sodium chicken broth and use it to cook with instead of the regular broth that's full of salt
4. Soy sauce has a lot of salt in it. opt for a low-sodium version instead
5. Use fresh meats and produce when you cook. Fresh food has a lot more flavour and won't need as much salt
6. Don't salt your pasta or rice water
7. Cut down on fast food and salty snacks. Grab some fresh fruit or veggies instead
8. Read the label. Pay attention to the amount of sodium that's included on the nutritional facts label. You'll be surprised how much sodium a can of soup or even a slice of bread has



## Evie's Eats - Roasted Cauliflower with Almonds

### Ingredients:

- 1 head cauliflower cut into bite-size florets
- Drizzle of extra-virgin olive oil
- Paprika
- Handful of flaked almonds
- Salt and pepper to taste

### Method:

1. Preheat oven to 400°F (205°C).
2. Cut the cauliflower into florets and place them in a bowl. Drizzle with olive oil, add almonds and paprika.
3. Spread on roasting pan into a single layer and sprinkle with salt and pepper.
4. Toss well and roast in oven until golden and tender, about 25 minutes. Serve warm. Enjoy!



**Quote of the Month** - Nobody can go back and start a new beginning, but anyone can start today and make a new ending!



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Take control your life, be happy! – rock on!

Till next month... *Evie*