

Salt Reduction Guide



MYTHS ABOUT SALT CONSUMPTION



Myth: Lowering salt intake may lead to low blood pressure.

Fact: No. Eating less than 5g (< 1 teaspoon) of salt per day helps to keep blood pressure normal.

Non-iodized salts



Iodized salts



Myth: Rock salt (sendha namak)/ Black salt/ Himalayan pink salt reduces blood pressure.

Fact: No. These salts have similar level of sodium and do not reduce blood pressure.



Myth: More salt is needed for children to grow well.

Fact: No. Children should consume less salt than adults, excess salt is harmful to children.



Myth: The body needs more salt during hot seasons or while performing physical labour.

Fact: No. We need more water, not salt.



Myth: Reducing salt in the diet can lead to weakness in the body.

Fact: No. It does not lead to weakness in the body. Less than 5g/day salt is good for your heart and kidney.



A lower salt diet could save your life!