



Health Promotion  
النشئة الصحية

إدارة التثقيف الصحي - Health Promotion Dept.  
المجلس الأعلى لشؤون الأسرة بالشارقة - SCFA - Sharjah



مجلس الاعمال والاسرة  
Supreme Council For Family Affairs



# Hidden Salt



@sharjah health



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## Hidden Salt:

There is no doubt that salt is an essential substance for maintaining good health, but the main problem is when the person consumes large quantities of salt during the day unknowingly , and this leads to various diseases , most commonly high blood pressure

## How does that happen?

Reducing salt intake does not only include what we see with naked eyes, but we must take into consideration what gets into our bodies of the hidden salt from the food we eat.

## What is the recommended amount of salt intake per day?

Excessive salt intake is harmful to health, but our bodies need a certain amount daily. The reason is that salt contains a certain percentage of sodium, which is necessary for health and important nutrients for the body. The experts explained that **the body needs 2.3 g of salt per day, in order to provide the necessary proportion of sodium**. The World Health Organization stated that eating less than 5 g of salt per day for adults reduces blood pressure and the risks of cardiovascular diseases, strokes and coronary heart attacks

## How to reduce hidden salt?



Read food labels and check sodium levels



Choose food items with the least amount of sodium levels



Use less amounts of salt while preparing your food and replace it with herbs and spices



Stay away from prepared and fast foods



Eat more fresh foods

## What are the natural alternatives to table salt?



Cinnamon is one of the best natural salt substitutes, and it gives food a distinct flavor that replaces salt and works to control blood sugar and cholesterol.



Lemon is one of the most important natural alternatives to salt and it is used in seasoning chicken, meat and soups.



Substituting salt with black pepper help in maintaining healthy salt levels



Cloves are also one of the most important aromatic plants that add a distinct flavor to food, and it is a natural alternative to salt in meat and chicken dishes.



Garlic has a strong flavor and it is one of the natural alternatives to salt in marinating meat, fish, poultry, and in salad dishes.



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prepared and produced by:

Health Promotion Department

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