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Welcome to your
Corporate Bodies
International Fortnightly
Health Email

Fortnightly Challenge

Try one of the suggested
substitutes for salt this
week.



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This fortnight's healthy topic...

The Facts on Salt—Also known as sodium



Why do we need salt in our diet?

For water balance and muscle contractions

How much salt do we need?

Only very small amounts (1 Teaspoon each day)

What happens if we consume too much salt?

Excessive salt intake can lead to fluid retention, which is regulated by our kidneys. This in turn, can lead to high blood pressure, increasing risk of stroke and heart attack. Long term excessive salt intake has also been shown to increase risk of osteoporosis.

Where is salt in our diet?

75% from processed foods

15% at the table and added to cooking

10% occurs naturally in the food we eat

How can I reduce my salt intake?

Avoid processed, packaged foods. Prepare your meals from scratch, and be careful not to add salt in food preparation.

Substitute Salt for:

- Herbs and Spices
- Shallots, Garlic, Ginger
- Lemon Juice
- Curry Powder

Here's to demystifying another health topic!

Yours in Health, **The Corporate Bodies Team.**