



S I N U

SOCIETÀ ITALIANA
DI NUTRIZIONE UMANA

Associazione senza fini di lucro

Did you know that gradually reducing salt intake improves taste sensitivity and leads you to appreciate lower-salty foods? Do you want to try this pleasure? Follow these simple rules, at home with your family and for meals consumed out of home

1. When shopping, check nutritional labels and prefer products with lower salt content per serving or per 100 grams
2. For locally produced foods (first of all bread, but also for example dairy products) look for products with a lower salt content.
3. To rediscover the pleasure of food, reduce the consumption of processed food, ready-to-eat sauces and canned foods, but if you need to use them, check the nutritional label and choose the best.
4. Flavor foods with herbs, spices or by using lemon or vinegar, and limit the use of condiments that are very high in sodium (flavor-enhancing additive like MSG, ketchup, soy sauce, mustard, etc.)
5. Gradually add less salt, and always iodized, to your recipes, making the family gradually get used to eating less salty: you will find that pasta, rice, steaks, fish, chicken, vegetables or potatoes (even fried) are very good if consumed with less salt and over time even without
6. Do not bring salt shaker on the table, just put oil and vinegar, so that anyone doesn't fall into temptation
7. Do not add salt to your children's meals, they do not need it: do not encourage bad eating behaviors!
8. Milk and yogurt are good sources of calcium and naturally contain the amounts of salt necessary for our health. Prefer fresh cheeses to aged ones
9. During snacks, fruit or juices are an excellent alternative to savory snacks; if you eat a sandwich, pay attention to make it with low-salt ingredients
10. During mild-moderate sporting activities, replenish fluids lost through sweating with simple water