

## Salt Awareness Campaign 2021

Below are examples of ChangeSmart to lower salt intake.

### Category: Eating out

Sub-category	DO's	DON'Ts
<b>Healthier choice</b>	<ul style="list-style-type: none"> <li>➤ Choose soupy noodles</li> <li>➤ Choose plain rice or wholegrain</li> <li>➤ Choose fresh meat</li> <li>➤ Choose fresh fish/egg over salted fish/egg</li> <li>➤ Choose two servings of fruit and vegetable each daily</li> </ul>	<ul style="list-style-type: none"> <li>➤ Choose dry noodles, flavoured rice or noodle</li> <li>➤ Choose processed meat like sausage, hotdog, ham, bacon, nugget or burger patty, smoked salmon, smoked duck or cured meat, salted fish, salted egg, century egg</li> <li>➤ Choose canned food</li> <li>➤ Choose preserve vegetable</li> <li>➤ Choose fast food</li> </ul>
<b>Ordering food</b>	Request for: <ul style="list-style-type: none"> <li>➤ Less or no gravy</li> <li>➤ Less salt</li> <li>➤ Set condiments, sambal, dressing or sauce aside</li> </ul>	-
<b>Seasonings</b>	<ul style="list-style-type: none"> <li>➤ Avoid adding additional dark or light soy sauce, salt or seasoning</li> <li>➤ Avoid using condiments like ketchup and chili sauce</li> </ul>	-
<b>Beverage</b>	<ul style="list-style-type: none"> <li>➤ Choose plain water</li> </ul>	<ul style="list-style-type: none"> <li>➤ Choose isotonic drink</li> </ul>
<b>Action:</b> 1. Send in photo with positive change and justify what change you make and how you influence people around you.		

### Category: Cooking at home

Sub-category	DO's	DON'Ts
<b>Preparation</b>	<ul style="list-style-type: none"> <li>➤ Prepare own stock with leftover vegetable</li> <li>➤ Use herbs, spices or natural ingredient to marinated meat</li> <li>➤ Clean vegetable with plain water</li> </ul>	<ul style="list-style-type: none"> <li>➤ Prepare stock with seasoning</li> <li>➤ Use seasoning to marinate meat</li> <li>➤ Clean vegetable with salt water</li> </ul>
<b>Cooking</b>	<ul style="list-style-type: none"> <li>➤ Use herbs, spices and natural ingredients to enhance the flavour or taste of the food</li> <li>➤ Cook with reduced sodium soy sauce without</li> </ul>	<ul style="list-style-type: none"> <li>➤ Use pre-packaged seasoning to flavour the food</li> <li>➤ Cook with salt, regular soy sauce</li> </ul>

	<ul style="list-style-type: none"> <li>➤ Cook with salt substitute</li> <li>➤ Cook fresh meat</li> </ul>	<ul style="list-style-type: none"> <li>➤ Cook processed meat, canned meat or dried goods like dried shrimp, dried scallop</li> </ul>
<p><u>Action:</u></p> <ol style="list-style-type: none"> <li>1. Send in photo with positive change and justify what change you make and how you influence people around you.</li> <li>2. Take a photo with all the herbs and spices you used throughout food preparation and cooking.</li> </ol>		

**Category: Grocery shopping/food stocking**

Sub-category	DO's	DON'Ts
<b>Choose fresh produces</b>	<ul style="list-style-type: none"> <li>➤ Purchase fresh meat/fish/chicken and portion and store in freezer.</li> <li>➤ Purchase fresh or frozen vegetable</li> <li>➤ Choose fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>➤ Purchase canned, processed meat or plant based meat products</li> <li>➤ Purchase canned or preserved vegetable</li> </ul>
<b>Increase wholegrain intake</b>	<ul style="list-style-type: none"> <li>➤ Purchase rolled oats, brown rice</li> <li>➤ Purchase raw noodle like kway teow, bee hoon, pasta, spaghetti</li> </ul>	<ul style="list-style-type: none"> <li>➤ Purchase cereal/corn flakes</li> <li>➤ Purchase instant noodles</li> <li>➤ Purchase pre-packaged/frozen meal/frozen dumplings/burger patty</li> </ul>
<b>Flavour enhancer</b>	<ul style="list-style-type: none"> <li>➤ Purchase natural ingredients like curry leaves, bay leaves, cumin seeds, ginger, garlic, shallot, coriander</li> <li>➤ Purchase low sodium soy sauce</li> <li>➤ Purchase salt substitute</li> </ul>	<ul style="list-style-type: none"> <li>➤ Purchase regular sauce, seasonings</li> </ul>
<b>Choose products with healthier choice indication</b>	<p>Choose products with:</p> <ul style="list-style-type: none"> <li>➤ Aim a food product with less than 120mg of sodium per 100g</li> <li>➤ "Lower in sodium" Healthier Choice Symbol</li> <li>➤ Nutrient claims like "Reduced sodium", "Reduced salt", "Low salt", "Low sodium", "Natural", "No salt added"</li> </ul>	<ul style="list-style-type: none"> <li>➤ Choose a food product with more than 120mg of sodium per 100g</li> </ul>
<p><u>Action:</u></p> <ol style="list-style-type: none"> <li>1. Attached shopping receipt/grocery basket/nutrition information panel of food product purchased. You may highlight by showing us the change you make.</li> </ol>		