

# THE SALTY SIX CHINESE

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## DID YOU KNOW?

The sodium in salt can impact your health and appearance

**Appearance:** Excess levels of sodium may increase water retention, leading to puffiness, bloating and weight gain

**Health:** Excess levels of sodium may increase your risk for high blood pressure, stroke, heart failure, osteoporosis, stomach cancer, kidney disease, enlarged heart muscle and headaches

The American Heart Association recommends that you aim to eat less than 1,500 mg of sodium per day (a little more than 1/2 teaspoon salt)

### CANNED FOODS

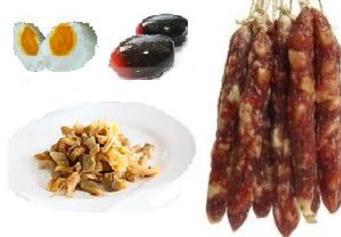
canned vegetables/meat  
canned fish/soup



Salt can be used as preservative. Canned food that does not taste salty may contain a lot of sodium as well. A can of corn has 1,000mg sodium—2/3 of daily recommended intake. 3 small slices of canned meat has up to 1,000-2,000mg.

### PRESERVED FOODS

Chinese sausage, Chinese BBQ meats, preserved eggs/vegetables



Not only are many preserved foods high in sodium, they are also high in saturated fat (e.g Chinese sausage, and bacon) and cholesterol. Preserved egg is made from duck egg. Its cholesterol content (600mg) is 3 times of chicken egg and twice the daily recommendation.

### SAUCES & CONDIMENTS

soy/oyster/hoisin/fish sauce  
fermented bean curd, MSG



Many sauces/condiments that we use daily are high in sodium. 1 Tbsp soy sauce has 900mg - more than half of your daily recommended intake. If you don't pay attention, it's very easy to chronically consume excessive

### INSTANT NOODLES

instant noodles, cup noodles



Instant noodles are convenient. But their flavoring powder contains a lot of sodium. Fried instant noodles are also high in fat. 1 pack/cup instant noodles contains 1,500-2,000 mg sodium, more than your daily recommended intake.

### SNACKS

shrimp/potato chips, salted plum, cracker, salted nuts/seeds



Adding a lot of salt and high sodium flavoring powder is very common in the process of making snacks. Also, it is very easy to overeat snacks because of their small serving sizes.

### PACKAGED SOUP & BOUILLON CUBES

packaged broth, bouillon cube



Broth can be used in a variety of dishes: stew, soup, sauce, soup base for noodles and hot pot. Packaged soup and bouillon cubes are often used to make broth. But they contain 500mg sodium per cup and 800-2,000mg per cube.