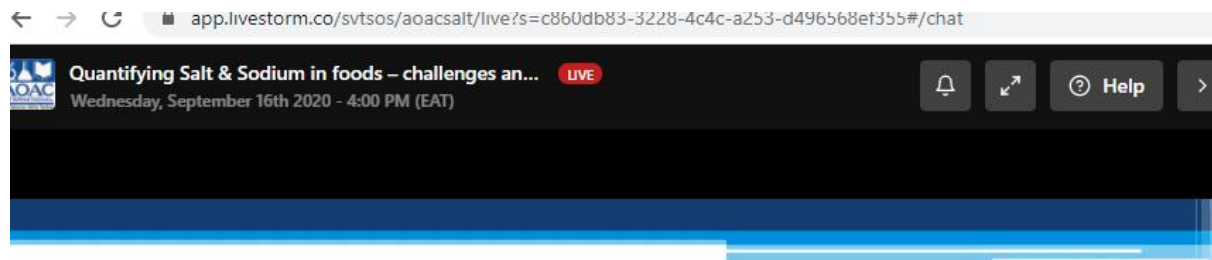
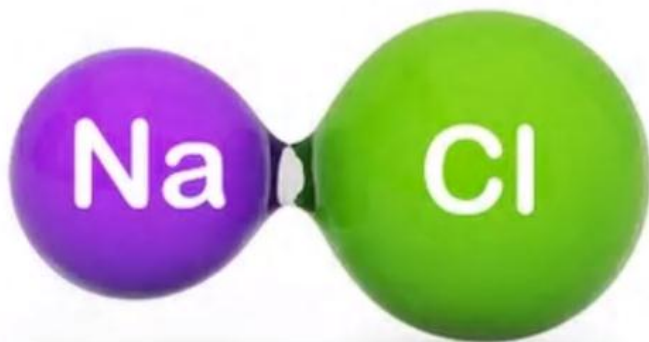


THERE IS NEED TO REDUCE SODIUM SALT CONSUMPTION IN YOUR DIET



Why all this talk?



NaCl
Sodium
chloride
Salt

WHO gives 5g of salt per day as the recommended salt intake by consumers? However, most people consume 9-12g which is on the higher side. Sodium salt consumption has been linked to high blood pressure and hence the need to reduce the consumption of salt by adopting strategies such as less salt inclusion in the diet, avoiding addition of salt while at the table and among other customized methods. Legislation on manufactured food that require clear labelling could help in this goal.

It is important to note that where regulatory agencies want to regulate salt content is processed products, the correct analytical tool and method has to be adopted. In the most recent publication of the AOAC Sub-Saharan Africa Section indicated that total salt analysis may not be the best choices since they are based on chloride ions and hence elemental methods are the better option in which case one has to go directly to the main culprit-sodium ions. This important information was developed by the AOACSS Board in which Dr. George Abong was part of. The white paper can be accessed at <https://www.aoac-ssafrica.org/>