



SALT IN MODERATION

Pass the Salt

IS ESSENTIAL FOR YOUR DIET!

SOUTH AFRICANS LOVE SALT. WHETHER IT'S IN PAP, STEW, CAKE OR FISH AND CHIPS, WE SIMPLY CANNOT DO WITHOUT IT! IN FACT, IT'S THE ONE INGREDIENT THAT YOU'RE BOUND TO MISS IF IT'S NOT THERE, SINCE IT MAKES ALL THE DIFFERENCE TO THE TASTE, RIGHT?

Salt in moderation is essential for your diet! Our bodies need it to maintain the fluid balance, and it assists with muscle function and digestion.

Q
But what happens when you eat too much salt?

A
It becomes really bad for your body!

WHY? More salt in your system = kidneys need to keep more water in your system.

WHAT DOES THIS MEAN?

Too much water can cause swelling in your hands, arms, feet, ankles, and legs. This in turn causes more blood to push through your veins and arteries, which can make them go stiff and cause high blood pressure.

SALT MYTHS BUSTED!

MYTH: WE GET MOST OF OUR SALT FROM THE SALT WE ADD WHEN COOKING AND DINING.

BUSTED! 75% of our salt intake comes from processed foods – that's to say, before we even touch the salt shaker. Butter, cheese, ham, salami, soy sauce and even our beloved tomato sauce can be surprisingly high in salt.

MYTH: FOODS THAT ARE HIGH IN SODIUM GENERALLY TASTE SALTY.

BUSTED! You can't always taste the salt, as it's often hidden in the food. Hidden sources of salt include bread, breakfast cereals, pasta sauces, and cheese – in other words, not just salty snacks.

MYTH: SWEET FOODS ARE LOW IN SALT

BUSTED! It doesn't matter if it's sweet or savoury – if it's baked it most likely contains salt. Before you grab that slice of chocolate cake or apple pie for an afternoon treat, check the label or ask the baker.

MYTH: MY FOOD IS GOING TO TASTE BLAND IF I USE LESS SALT.

BUSTED! There are plenty of ways to add flavour to your food, without touching the salt shaker. Use herbs and salt-free spices to enhance your food, and give your palate time to adjust – you'll start to appreciate foods for their true flavour.

FIRST THINGS FIRST

In order to cut back, we need to identify the food culprits that contain hidden salts:



1. BREAD: A staple for many people, and the single biggest contributor of salt to our diets. In fact, bread is responsible for a fifth of our daily salt intake



2. CHEESE: Most cheeses are high in salt, but blue cheese and feta have a higher salt content than mozzarella and cottage cheese. Avoid processed cheeses and cheese spreads.



3. MEAT EXTRACTS AND STOCKS: The equivalent of salt bombs! Make your own chicken stock by boiling the chicken bones with veggies like carrots, leeks, onions and celery.



4. SEASONING SALTS: Garlic, onion and celery salt, are very high in salt, as are meat tenderisers. Use sparingly, and stick to herbs and salt-free spices instead!



5. SAUCES AND SALAD DRESSINGS: Tomato sauce, soy sauce, worcestershire sauce, mustard sauce, barbecue sauce, gravies, marinades, and mayonnaise are all packed with salt. Rather use spices, herbs and seasonings like lemon juice and vinegar.



6. SMOKED, cured, processed meats: Avoid canned, salted, dried and smoked meats which all have a very high salt and fat content. These include ham, bacon, salami, corned beef, sausage, tongue, polony and meat spreads.

DON'T MEDICATE, HYDRATE WITH H2O

DO YOU WANT TO IMPROVE YOUR HEALTH, BUT DON'T KNOW WHERE TO START? IF SO, WATCHING YOUR WATER INTAKE CAN BE THE PERFECT PLACE TO START.



4. PUTS YOU IN A GOOD MOOD

When the body is functioning at its best, you will feel great and be happy!



5. SAVE MONEY!

Water is FREE! Even if you choose bottled/filtered water, it's STILL cheaper than that high sugar tea or coffee or cooldrink.

3.7L
MEN DAILY

2.7L
WOMEN DAILY

AVERAGE WATER CONSUMPTION

It's a simple and has so many benefits which include:



1. INCREASES ENERGY

Since your brain is mostly water, drinking it helps you think, focus and concentrate better and be more alert. As an added bonus, your energy levels are also boosted!



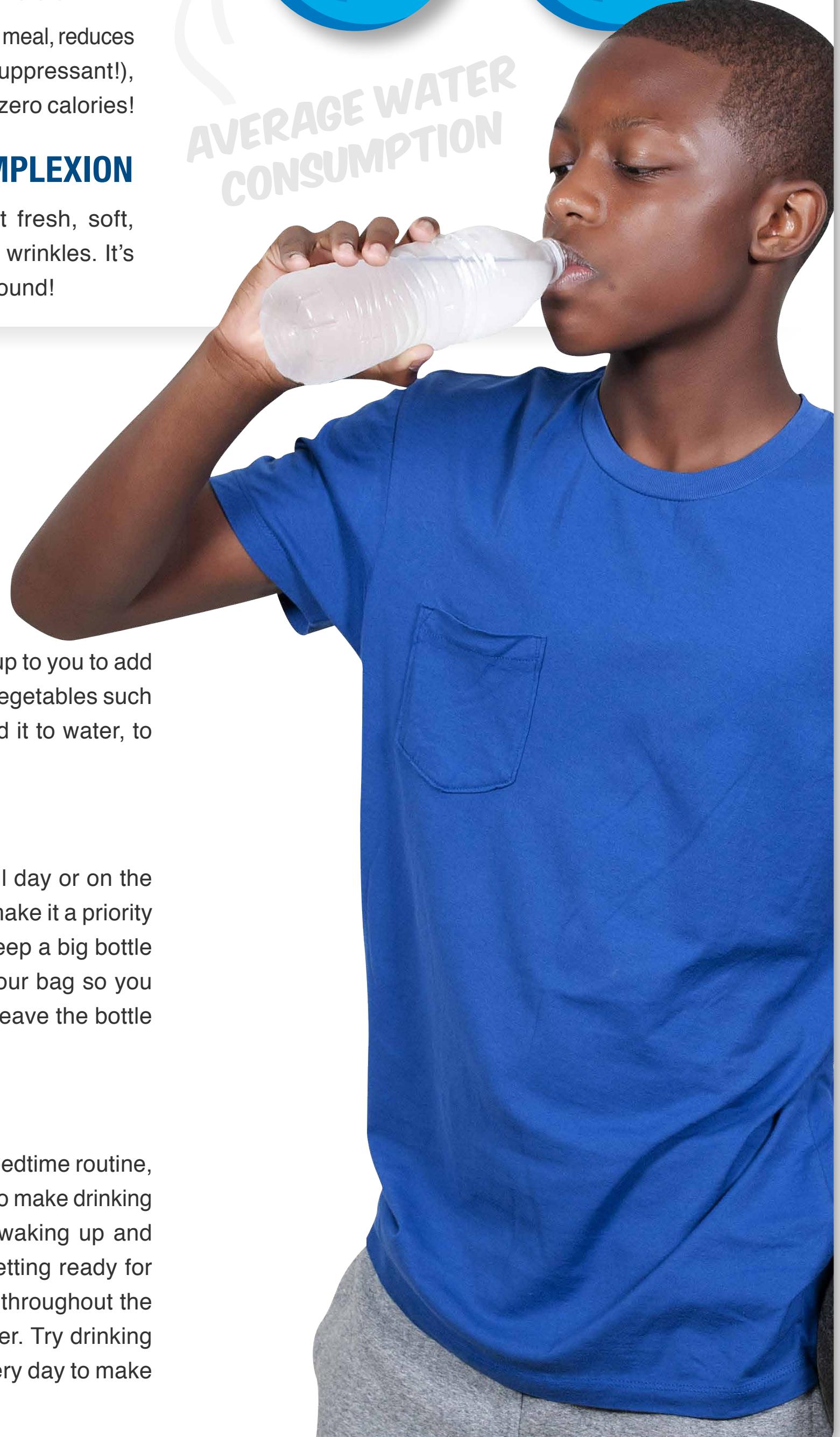
2. PROMOTES WEIGHT LOSS

By drinking a glass of water before a meal, reduces hunger (hello natural appetite suppressant!), raises your metabolism and has zero calories!



3. IMPROVES SKIN COMPLEXION

Moisturises your skin, keeps it fresh, soft, glowing and smooth. Gets rid of wrinkles. It's the best anti-aging treatment around!



TIPS TO HELP YOU DRINK MORE H2O

ADD YOUR OWN FLAVOUR

Water can be pretty boring and bland, so it's up to you to add some natural flavour. Cut up some fruit and vegetables such as apples, oranges, cucumber, mint and add it to water, to give it some flavour. Be creative!

KEEP IT CLOSE

Let's be real—if you're stuck at your desk all day or on the road traveling for hours, you're not going to make it a priority to go get water very often. The fix: Always keep a big bottle of water on your desk or a water bottle in your bag so you have no excuse. And if you work at a desk, leave the bottle in plain sight so you're constantly reminded.

ESTABLISH A ROUTINE

Similarly to how we establish a morning and bedtime routine, we can create a water consumption schedule to make drinking water more manageable. It's as simple as waking up and having a glass of water, and when you're getting ready for bed, having another glass. Then, at work or throughout the day, you can set up visual cues as a reminder. Try drinking water at the same time in the same place every day to make it easier to squeeze into your daily activities



FITNESS WINNER CORNER

Congratulations to Nkosazana Mteto from South Africa Police Services in Fort Brown who has been awarded with the 1G data bundle of her network choice. You have linked and synced your fitness tracking device during the challenge.

Remember to keep tracking your sleep and steps to assist you in maintaining a better weight, manage your stress and give you restful and peaceful sleep.

ABOUT THE FACT - It is important to note that the aim of the link and sync January challenge was to educate and encourage members to link and sync their fitness tracking device. GEMS Fitness encourages you to continue to link and sync your device daily and you could possibly be our next winner!

Link and Sync to a fit you!