

Reducing Salt Intake:

A Path to Better Cardiovascular Health

减少盐摄入量： 保护心血管健康

Salt, a staple in kitchens worldwide, adds depth and richness to our favourite dishes. Yet, its excessive consumption poses a hidden threat to our cardiovascular well-being. Understanding the impact of salt on our heart health can be an eye-opening starting point towards better cardiovascular health.

Studies have consistently shown a direct correlation between high salt intake and increased risk of hypertension, a major risk factor for cardiovascular diseases. According to a recent study published in the *Journal of the American College of Cardiology*, every 1-gram increase in daily sodium intake is associated with a 1.25-fold increase in the risk of developing hypertension. This poses a significant public health concern globally.

For reference, the average person in our region consumes as much as 3,600mg of sodium daily, which works out to 9g or close to 2 teaspoons of salt. This is almost twice the World Health Organization's daily recommendation of 2,000mg of sodium. Common sources of sodium in our diet, aside from table salt, include sauces (e.g. soy sauce, oyster sauce, fish sauce, BBQ sauce, teriyaki sauce, etc.), preserved meats, processed foods and more.

盐可以增添菜肴整体的风味，是每一个厨房不可缺少的调味品。然而，过度的盐摄入会对我们心血管健康构成潜在的威胁。所以，通过了解盐对心脏健康的影响，可以让我们在改善心血管健康方面的努力事半功倍。

研究一致证明高盐摄入与高血压风险的增加有直接相关，高血压是心血管疾病的主要风险因素之一。根据最近发表在《美国心脏病学院杂志》的一项研究，每日钠摄入量每增加1克，患高血压的风险就会增加1.25倍，这在全球构成了严重的公共健康问题。

据统计，新马区域平均成人每天摄入的钠量高达3600毫克。这相当于9克或接近2茶匙的盐，近乎世界卫生组织每日推荐量（2000毫克钠）的两倍。我们日常饮食中的常见钠来源，除了食盐外，还包括酱料（如酱油、蚝油、鱼露、烧烤酱、照烧酱等）、腌制肉类、加工食品等。



TABLE SALT
食盐



SAUCES
酱料



PRESERVED MEATS
腌制肉类



PROCESSED FOODS
加工食品

Understanding the need for change, here are a few lifestyle adjustments that can help to curb our salt intake:
在减盐这一共识之上，这里有一些生活方式的调整可以帮助我们控制盐的摄取：



Read Food Labels

Many processed and packaged foods contain high levels of hidden sodium. Reduce consumption of these foods and be vigilant in reading food labels. Choose low-sodium alternatives whenever possible.

阅读食品标签

许多加工和包装食品都含有高水平的“隐形盐”。在阅读食品标签时要保持谨慎，减少食用这些食物，尽可能选择低钠食品和饮料。

Cook at Home

Cooking meals from scratch gives you greater control over the amount of salt added to your food. Embrace the flavours of natural herbs and spices, replacing excessive salt with healthier alternatives.

在家做饭

在家中自己动手做饭可以让您控制食物中的盐用量。在烹饪时，尽可能用香草和香料等健康食材来取代盐，丰富食物的色香味同时，也可以获得更加健康的饮食。



Limit Eating Out

Restaurant meals often contain excessive amounts of salt. Exercise moderation when dining out and choose dishes mindful of their sodium content.

减少在外用餐

大部分商家为了使饭菜更加可口，都会在菜里面加入很多的调味剂，盐分含量也明显超标。点菜时要适度，注意其钠含量。

Embrace Fresh Ingredients

Incorporate more fresh fruits, vegetables and lean proteins into your diet. These whole foods are naturally low in sodium and can help reduce your overall salt intake.

多吃新鲜食材

在饮食中加入更多新鲜水果、蔬菜和精益蛋白质。这些新鲜的食材天然钠含量很低，可以帮助减少盐的总体摄入量。



Supplement with Potassium

Adding a natural potassium supplement such as **NewLife™ K-Salt** to your daily diet can help to reduce the excess sodium stored in your body, maintain a healthy electrolyte balance, and directly improve your blood pressure.

服用钾补充剂

在日常饮食中添加天然钾补充剂，如**新生命钾质**，它可以帮助减少体内过量的钠，并保持健康的电解质平衡，和直接改善您的血压。

Reducing salt intake is not just a health trend but a personal commitment to longevity and vitality. By embracing mindful eating habits, you can protect your heart and pave the way for a healthier tomorrow. Let us flavour our lives with wellness, one meal at a time.

减少盐的摄入量不仅是一种健康潮流，而是对长寿和活力所要做出的个人目标和实践。吃盐多少，关乎血管健康，通过注意饮食习惯，可以保护心脏，健康生活。自己的健康自己负责，让我们一餐一餐地吃出健康好身体。