

Take health advice with a pinch of salt

HEALTH problems associated with too much salt intake came under the spotlight last week at workshops held across the town.

Agencies from across Warrington joined trading standards to deliver the message that too much salt is not good for you.

Warrington Primary Care Trust (PCT), North Cheshire Hospitals NHS Trust, Warrington Borough Council and the Stroke Association ran two workshops aimed at raising salt awareness among older people and people working with elderly people.

Salt is a vital ingredient in any healthy diet but many of us are guilty of having more salt than our bodies actually need.

SALT SAFETY: From left: Isabel Lucas, from Trading Standards, Ryfields resident Peter O'Conner and Emma Bashall and Cornelia Geuer, from the Warrington Community Food Worker Project



Picture supplied

Health problems linked to salt

A NUMBER of health problems can be linked with the amount of salt in our diet, here are just a few:

- Blood pressure – strokes and heart attacks are the most common cause of death and disability in this country.

Evidence has revealed that a high intake of salt is responsible for the rise in blood pressure as we get older.

A reduction in salt will have an immediate effect on lowering the blood pressure.

- Stroke – salt intake is closely linked with the number of strokes that occur in a community. This is due, in part, to the increase in blood pressure that the high salt intake causes. Salt also seems to have a direct effect on strokes away from its effect on blood pressure.

- Osteoporosis – high salt intake leeches calcium from bones and passes through the urine. This effect leads to thinning of the bone.

- Stomach cancer – The World Cancer Research Fund now recommends salt intake be reduced to decrease the risk of developing cancer of the stomach.

- Asthma – a high intake of salt does not, in itself, cause asthma, but it has been linked with worsening the problem.

- Kidney disease – increasing evidence shows that a high salt intake may have adverse effects on the kidneys when there is some underlying abnormality.

- Fluid retention – lowering your salt intake can cause fluid loss of up to two litres (four pints).

For more information about food labelling, contact Isabel Lucas on 442660. For more information about salt in the diet and general healthy eating, contact Emma Bashall on 662255.

Fighting