

SALTS

two thousand fifteen

THURSDAY | SEPTEMBER

USES OF SALT

The word "salt" has been derived from the Latin word "sal" which means salt.

Sodium chloride commonly known as salt is one of the most abundant minerals on earth.

$\text{NaCl} \rightarrow 40\% \text{ Sodium}$
 $60\% \text{ Chlorine}$

Salt (NaCl) is a natural mineral made up of white cube-shaped crystals composed of two elements, sodium and chlorine.

It is translucent, colourless, odourless

Salt contains 40% sodium. For every 10 grams (g) of salt we eat, 4 gm is sodium.

1) Salt has long been used for flavoring and for preserving food.

2). It has also been used in tanning, dyeing and bleaching and the production of pottery, soap and chlorine.

3) Today, it is widely used in the chemical industry.

SEPTEMBER | FRIDAY

two thousand fifteen

EFFECTS OF SALT (HARMFUL EFFECT OF COMMON SALT)

09

1) Many people are already aware of the fact that eating copious amounts of salt can elevate their blood pressure.

2) The serious consequences that uncontrolled high blood pressure can have on their health.

12

3) It can wreak havoc on their arteries, causing them to harden and become narrow, increasing the risk of getting affected by heart disease.

01

4) The effects of salt on the body are not restricted to heart disease alone.

03

04

10 Harmful effect of Salt

05

1) Blood pressure

2) Stroke

06

3) Stomach cancer

4) Osteoporosis

5) Obesity

6) Kidney stones and kidney disease

7) Water retention

8) Asthma

9) Meniere's disease

10) Diabetes

two thousand fifteen

SATURDAY | SEPTEMBER

① BLOOD PRESSURE

- (i) Hypertension or blood pressure is the amount of pressure that blood ends up putting on our blood vessel walls as it gets circulated around the body.
- (ii) There are certain factors such as obesity, lack of exercise and a high salt diet which can spike up our blood pressure, causing heart disease.
- (iii) Making simple lifestyle changes like reducing our high salt intake can bring about a positive change.

② Stroke → stroke is one of the leading cause of adult disability and death in older people :

③ Stomach cancer →

- (i) High intake of salt can lead to inflammation, and when the inflammation spirals out of control, it leads to a stomach ulcer or stomach cancer.
- (ii) Salt affects the lining of the stomach and it becomes more prone to the attacks of this bacteria.
- (iii) Hidden salt content in packaged foods is definitely one of the main reasons.

SUNDAY 20

SEPTEMBER | MONDAY

two thousand fifteen

④ Osteoporosis →

- (i) Brittle bones or bones which are more prone to breakage can be a result of a disease called osteoporosis.
- (ii) Older people are more prone to this disease.
- (iii) However, it is preventable if we maintain a healthy lifestyle, stay away from junk / processed food and do weight-bearing exercises.

⑤ Obesity

- (i) Too much of salt can make we thirsty and invariably reach out for sugary drinks, which will make we end up piling on those kilos.
- (ii) Teenagers and children are more prone because of processed foods and sugary drinks.
- (iii) Obesity is the leading cause of most chronic diseases such as diabetes, hypertension, and even cancer.

⑥ Kidney stones and Kidney Disease

- (i) A diet high on salt can cause we to excrete too much of calcium into our urine by the kidneys.

SEPTEMBER | WEDNESDAY

two thousand fifteen

HEALTH BENEFITS OF SALT

09

① Relaxing our body.

10

② Face Scrub

③ Regulate Blood sugar

11

④ Remove Black heads.

⑤ Add Volume to Hair

12

⑥ Clean Tiles

01

⑦ Used in Gardening

01

⑧ Soften our feet

02

⑨ Smooth our Rough skin

02

⑩ Relieves from Constipation.

03

~~SALT IN FOOD~~ :- DIET AND HEALTH :-

04

1) Sodium serves a vital purpose in the human body. It helps nerves and muscles to function correctly, and it is one of the factors involved in the regulation of water content.

05

06

2) The high level of sodium in many processed foods has a major impact on the total amount consumed.

3) High salt intake is associated with a greater risk of stroke and total cardiovascular disease.

two thousand fifteen

SALT IN FOOD :-

THURSDAY | SEPTEMBER

1) Salt is present in most foods. It is often added to processed foods (such as canned foods and especially salted foods and snack foods), where it functions as both a preservative and a flavoring.

2) Dairy salt is used in the preparation of butter and cheese products.

3) Before the advent of electrically powered refrigeration, salting was one of the main methods of food preservation.

4) Salt is essential to the health of people and animals and it is used universally as a seasoning.

5) Saltiness is one of the five basic taste sensations.

NUTRITIONAL ASPECTS OF VARIOUS SALTS

Sodium Chloride requirements depend on

(1) Climate

(2) Occupation

(3) Physical Activity

Sedentary work — 10-15 gm / day

Moderate work — 15-20 gm / day

Heavy work — 25-30 gm / day

Children — 5-10 gm / day

Adolescents — 10-15 gm / day

SEPTEMBER | FRIDAY

two thousand fifteen

SODIUM RECOMMENDATION

09

10

- Reducing salt intake to less than 5 gms per day (about 1 teaspoon)

11

Eat a minimum of 500 mg and maximum of 2300 mg of sodium per day.

12

01

- Salt → less than 5 mg of sodium per serving

02

Very low sodium → 35 mg of sodium or less per serving.

Low sodium → < 140 mg

03

- Dietary Guidelines for Americans recommends limiting sodium intake to less than 2,300 mg per day — that's equal to about 1 teaspoon of salt!

04

05

06