# Increasing uptake of low-sodium salt

- Low-sodium salts typically replace part of the harmful ingredient in salt (sodium chloride) with alternative minerals, most commonly potassium chloride (KCl).
- Low-sodium salt tastes and works like regular salt.[1]
- It can be used for home cooking, food service and food manufacturing.



## Why low-sodium salt?

- Using potassium-enriched low-sodium salt with at least 25% KCl during cooking or at the table has been shown to dramatically reduce the risk of stroke, heart attack and death, and is cost-saving.[2, 3]
- Potassium-enriched low-sodium salt has a double benefit: lowering sodium and increasing potassium both work to decrease blood pressure.

### The Salt Substitute and Stroke Study (SSaSS)

Conducted in China, SSaSS found that swapping regular salt used in food preparation and at mealtimes with potassium-enriched low-sodium salt can dramatically reduce risk of stroke, heart attack and death.

**14% fewer** strokes

**13% fewer** cardiovascular events*

* Stroke and heart attacks combined

**12% fewer** deaths

**No increased risk of serious events** due to hyperkalemia (elevated blood potassium)

**Cost saving** for consumers and the health care system

(95% probability of being cost-saving and >99.9% probability of being cost-effective)

Trials in India and Peru have also demonstrated that promoting low-sodium salt can reduce sodium intake at home and/or lower blood pressure.[4–8]

# Encouraging the use of low-sodium salts

## Interventions and policies to increase the uptake of low-sodium salt should address:

- **Availability to consumers,** by tackling production and regulatory challenges, such as infrastructure and supply chains
- **Awareness and promotion** through education, social marketing campaigns, more visibility in retail outlets, and regulatory measures such as public procurement standards and labeling requirements or standards
- **Affordability,** through economies of scale, subsidies, vouchers, or taxation of regular salt
- **Advocating for buy-in and support** from policymakers and other government stakeholders and within sectors such as the medical field, nutrition groups and civil society

## Minimizing risk

While increased potassium intake can be harmful for people with advanced kidney disease or who are otherwise prone to hyperkalemia, the benefits far outweigh this risk.[4] High-risk individuals included in the DECIDE-Salt Trial (led by Prof. WU Yangfeng's team at Peking University) in China, did not suffer any health impacts from the use of low-sodium salt.[9] Placing government-regulated and standardized warning statements on low-sodium salt packages can help minimize risk.


RESOURCES

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