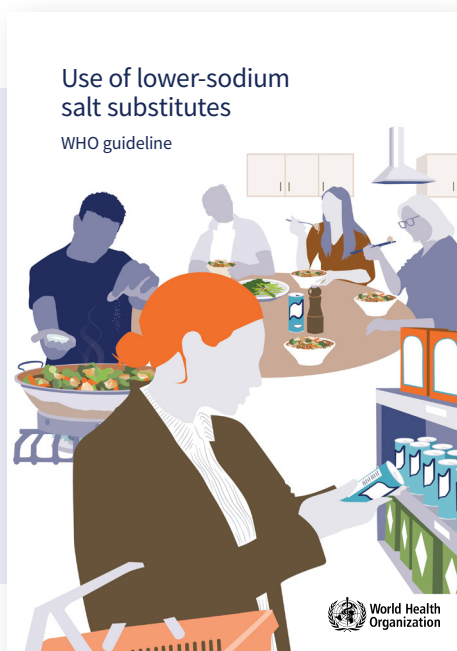


WHO recommends lower-sodium, potassium-enriched salt in place of table salt



What's new

WHO's "Use of lower sodium salt substitutes," recommends replacing regular salt to reduce sodium intake and health risks for adults.

Why it matters

- ✓ WHO's new guideline opens the door for more widespread use of life-saving low-sodium salts
- ✓ High sodium intake raises blood pressure and risk of heart attack and stroke.
- ✓ By using low-sodium salts, people can lower sodium intake without affecting the taste of their favorite foods
- ✓ By including low-sodium salt as part of a comprehensive sodium reduction package, countries can make progress toward the global target of reducing population sodium intake by 30% by 2030.

Swapping regular salt for low-sodium salt improves blood pressure, and reduces the risk of heart attacks, strokes and death by almost

↓ 15%



What it means for countries

Countries can take action now to make life-saving low-sodium salts available and affordable:



Increase awareness – including through public awareness campaigns and healthcare provider education-- to increase demand for low-soium salts.



Engage with and support manufacturers and retailers to offer lower-sodium, potassium-enriched alternatives.



Use subsidies, incentives, or tax reductions to help reduce costs and make low-soium salts competitive with regular salt.



Integrate lower-sodium salt substitutes into national health strategies and hypertension treatment guidelines.



Include low-sodium salts substitutes in government programs, such as public food distribution and health care facilities



Establish labeling standards for low-soium salts to help consumers understand the health benefits and risks, particularly for those with kidney disease.

Strategies to encourage low-sodium salt use must be in line with country iodization programs; like regular salt; low-sodium salt should be iodized.



Minimizing risk

While the vast majority of the population will benefit from lower-sodium salts, a small proportion with severe kidney disease may be at increased risk of harm; lower-sodium salt substitutes should carry appropriate advisory for individuals with advanced kidney disease and others for whom an increase in potassium consumption could be harmful.