

FOR PUBLICATION

12 February 2015

Shannon Harley, Managing Editor and Marija Beran, Publishing Editor
Delicious magazine

Dear Shannon & Marija

Re: Salt shake up, February 2015.

The Dietitians Association of Australia (DAA) commends certain parts of the article 'Salt shake up' published in *Delicious* magazine, February 2015 issue. This includes acknowledgment that processed foods contribute to excessive salt intake, and that decreasing salt intake may decrease blood pressure.

However, DAA feels these accurate messages were diluted by the statements made at the beginning of the article 'Salt doesn't cause heart disease' and 'Salt is hydrating'. DAA believes readers may have been left confused after reading the article.

High blood pressure is recognised as a risk factor for heart disease by both the Heart Foundation and the National Health and Medical Research Council (NHMRC). Evidence suggests that eating too much salt may increase the risk of high blood pressure. A diet that is low in sodium is recommended to prevent high blood pressure in those at risk of developing it.

Most Australians eat too much salt. The Australian Dietary Guidelines recommend limiting intake of foods and drinks containing added salt, by reading labels to choose lower sodium options among similar foods, and by not adding salt to cooking or at the table. The last statement in the article directly contradicts this recommendation.

Both rehydration formulas and sports drinks are backed by extensive bodies of research and both are designed to be used in specific situations. To suggest that either of these could be replaced by a pinch of salt in a glass of orange juice is simplistic and misleading.

For people at risk of heart disease, those who already have heart disease, and for athletes, DAA recommends seeking individual, expert nutrition advice and support from an Accredited Practising Dietitian.

A handwritten signature in black ink, reading 'Claire Hewat', is positioned above the typed name.

Claire Hewat AdvAPD
CEO
Dietitians Association of Australia