

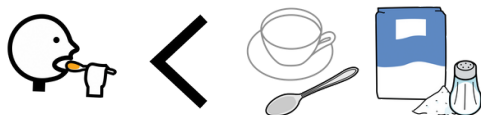


GUIDELINES FOR EATING WITHOUT SALT



How much salt can a healthy person eat per day?

- Healthy people should not consume more than 5 grams of salt per day. That is, in general, people should not eat more than one full teaspoon of salt per day.
- You must count not only the salt added to food, but also the salt listed on food labels.



Who cannot eat any salt?

- Certain conditions, such as ascites or high blood pressure, require a completely salt-free diet.



Why is it dangerous to consume too much sodium?

Consuming too much sodium (such as the sodium found in salt) can raise blood pressure. When that happens, there is a higher risk of heart problems, stomach cancer, overweight, fragile bones, or kidney damage.



How can you know how much sodium a food contains? According to AESAN (Spanish Agency for Food Safety and Nutrition):

- “Low in sodium”: contains a maximum of 0.12 g of sodium per 100 g or 100 ml.
- “Very low in sodium”: contains a maximum of 0.04 g of sodium per 100 g or 100 ml.
- “Sodium-free” or “salt-free”: contains less than 0.005 g of sodium per 100 g.
- “No added sodium or salt”: no salt has been added, and the product contains less than 0.12 g of sodium per 100 g or 100 ml.



What drinks should a person on a salt-free diet avoid?

- Do not drink alcohol, carbonated beverages, or sports drinks (such as Aquarius®).
- You should check the label of the beverage to see if it contains sodium. If it does, it's best not to drink it. Cocoa, for example, contains sodium.



How to use the QR code to access health information

1. Open your phone's camera.
2. Point it at the QR code (the square with patterns).
3. Tap the message that appears on the screen.
4. It will take you to a page with safe and verified health information.



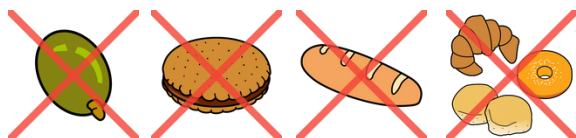


What foods should a person on a salt-free diet avoid?

- Do not consume bechamel sauce with salt, processed sauces, salted cheese, cured meats, canned foods, organ meats, or seafood.



- Do not consume pre-cooked meals, packaged gazpacho, salted butter, olives, cookies, salted bread, or industrial pastries.



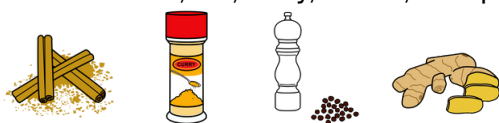
Tips for eating without salt:

- Remove the salt shaker from the table.
- Read the labels on foods and drinks.
- If you're eating at a bar or restaurant, ask for food without salt or with as little salt as possible.
- Use salt-free seasonings to enhance the flavor of your food.



Use salt-free spices to enhance flavors:

- Cinnamon, dill, curry, cloves, chili pepper, black pepper, garlic powder, paprika, ginger...



Use aromatic herbs to add more flavor and aroma:

- Mint, saffron, bay leaf, dill, oregano, parsley, thyme...



Use acidic condiments to adjust the flavor and mask the lack of salt:

- Lemon, lime, orange...



- Information verified by Dr. Raquel Souto, Digestive System Specialist.
- Source: knowledge of medical specialists at the Hospital of Pontevedra. Information created by the Hepatology and IBD Research Group of IIS Galicia Sur and the Digestive and Endocrinology Departments of the Pontevedra and O Salnés Health Area for the COMTA project; European Parliament and Council. (2014). Regulation (EC) No. 1924/2006 on nutrition and health claims made on foods (consolidated version). Official Journal of the European Union. <https://eur-lex.europa.eu/legal-content/ES/TXT/PDF/?uri=CELEX:02006R1924-20141213&qid=1555409241335&from=EN>
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