


Where is the **SALT**?

For good health, we are advised to eat **less than 1 teaspoon (5g) of salt per day**. Yet, **8 in 10** Singaporeans exceed this amount by 60%*. **A high salt intake can lead to high blood pressure, which is a risk factor for heart disease and stroke.**

Here are some local favourites with their salt content**.

<p>Claypot Seafood Noodle</p>  <p>1.7 tsp</p>	<p>Fishball Noodle, Soup</p>  <p>1.5 tsp</p>	<p>Penang Laksa</p>  <p>1.1 tsp</p>	<p>Mee Rebus</p>  <p>1.1 tsp</p>
<p>Mee Goreng</p>  <p>0.9 tsp</p>	<p>Nasi Briyani + Mutton</p>  <p>0.9 tsp</p>	<p>Wanton Noodle, Dry</p>  <p>0.8 tsp</p>	<p>Fried Vegetarian Beehoon</p>  <p>0.8 tsp</p>
<p>Yong Tauhu + Sauce (no noodles)</p>  <p>0.8 tsp</p>	<p>Fish Porridge</p>  <p>0.7 tsp</p>	<p>Char Kway Teow</p>  <p>0.7 tsp</p>	<p>Chicken Rice</p>  <p>0.6 tsp</p>

To Minimise Salt Intake When Eating Out:

<p>Chicken Rice, rice only</p>  <p>0.4 tsp</p>	<p>Plain Rice</p>  <p>0 tsp</p>	<p>Mee Siam, with gravy</p>  <p>1.3 tsp</p>	<p>Mee Siam, with 1/3 gravy</p>  <p>0.8 tsp</p>
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- Choose plain rice rather than flavoured ones
- Ask for 'LESS' or 'NO' gravy
- Request for less or no salt/sauces/dressings in cooking & preparation
- Do NOT drink all the soup of soupy noodles/dishes