

Healthy Living Focus Salt and Sugar



Hello and welcome to first edition of the Healthy Living Focus of the new year. We hope you had a wonderful Christmas and look forward to a happy and healthy 2021. We are kicking off the new year by taking a look at Salt and Sugar, what does 'sugar free' and 'no added sugar' really mean? What is hidden sugar and salt? How can we choose healthy low sugar and salt foods?

Salt

Adults are recommended to consume no more than 6g salt a day, or 1 tsp.

The main sources of salt

- Ready meals and takeaways
- Processed foods
- Salted snacks such as crisps and salted nuts
- Sauces and canned food such as ketchup and baked beans



Sugar

Adults are recommended to consume no more than 30g sugar per day, or 2 tbsp.

The main sources of sugar

- Cakes, chocolate and sweet treats
- Jars of sauces, jams and syrups.
- Sweetened cereals and cereal bars.
- Fizzy drinks, milkshakes and alcohol.



SUGAR



Too much salt can raise your blood pressure. People with diabetes are more likely to be affected by high blood pressure, which increases the risk of heart disease, stroke and kidney disease.

Did you know? A takeaway pizza can contain up to 7g of salt, more than the recommended daily amount in one unhealthy meal!

Fact: food labelled as 'fat free' may still be high in sugar! Always check the label.



Fact: food labelled as 'sugar free' will usually contain sugar substitute such as sweeteners.



One 355mL can of Coca-Cola contains 42g (10.5 teaspoons) of sugar.



Two tablespoons of peanut butter contains 2.5g (0.625 teaspoons) of sugar.



Two tablespoons of ketchup contains 8g (two teaspoons) of sugar.



How much sugar is in the food I eat?

Expert Support



[HEART UK - The Cholesterol Charity](#)

Visit www.heartuk.org.uk/ for further tips on reducing salt intake, looking after cholesterol levels, or even to sign up to a FREE newsletter all about heart health.

Recipe of the week!

Baked Chickpea Cutlets

Ingredients

- 2 cans chickpeas in water
- 1 teaspoon ginger and garlic paste
- 2 tablespoons chopped coriander leaves
- 1 green chilli, finely chopped (optional)
- 4 tablespoons natural low fat yogurt
- 1 teaspoon dried mint
- ½ cup breadcrumbs, wholemeal preferably
- 3 tomatoes, sliced
- 2 tablespoons cottage cheese
- 2 tablespoons low fat grated cheese



Method

- Mix cottage cheese and grated cheese together and keep aside.
- Drain the chickpeas and mash finely.
- Add ginger/garlic paste, chopped chilli, coriander, pepper and 2 tablespoons of the yogurt and mix lightly.
- Divide the mixture into 12 equal balls.
- Stuff each with 1 teaspoon of the filling. Cover the filling to form a flat round cutlet.
- Mix 2 tablespoons of the remaining yogurt with mint and spread over the round cutlets. Sprinkle each cutlet with bread crumbs to coat on all sides.
- Place on a lightly greased baking tray.
- Bake at 180C for 20-25 minutes or until cooked through. Serve garnished with sliced tomatoes.

Top tip: enjoy as a delicious low salt and low sugar snack, or serve with grilled chicken and steamed veg as a tasty meal.

Meet our healthy living coordinator, Claire. Who is responsible for our newsletter and healthy living project.

If you have any queries, would like to suggest a feature for our future newsletters, or would like support and advice around issues raised here, please contact Claire at healthyliving@nortonhousingandsupport.org.uk

