

Want salt with that:⁸

| | |
|--|----------|
| McDonald's big Mac | 1,010 mg |
| Burger King French Fries (King) | 1,070 mg |
| Tuna salad sandwich (11 Oz) | 1,320 mg |
| Panera Greek Salad with Greek Dressing | 1,560 mg |
| Sbarro Supreme Pizza (1 Slice) | 1,580 mg |
| Lasagna (2 cups) | 2,060 mg |
| Chipotle vegetarian Burrito (cheese, guacamole & salsa) | 2,270 mg |
| Reuben sandwich | 3,270 mg |

Sources of Salt:⁹

Only a small percentage of the world's annual salt production ends up as seasoning on the dinner table, in a thousand and one different shaped artistic saltshakers.

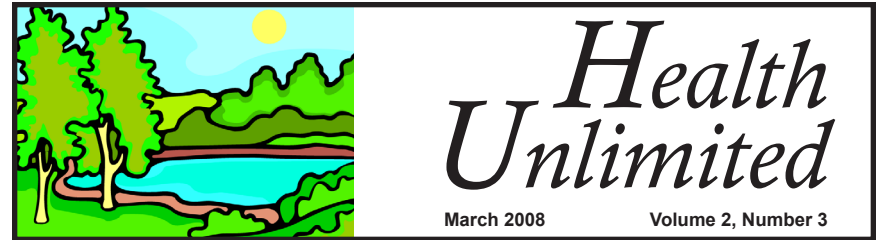
- 5% added during cooking
- 6% added at the table
- 12% naturally occurring
- 77% Food Processing

Concepts & References:

1. Licking the Salt Habit, Reader's Digest, November 1982, page 127.
2. The National Geographic Magazine, vol. 152, no. 3, September 1977 page 381.
3. Shaking the Salt Habit, Tufts University Health & Nutrition Letter, February 2006 page 1.
4. British Medical Journal vol. 334: 859,885, 2007
- 5, 7. What you should believe about salt? Berkley Wellness Letter, March 2007 page 1.
6. Review & Herald, November 6 1883.
7. Substitutes Deserve a Place at the Table, Harvard Heart Letter, December 2006, page 4. & Entertaining Ways to Cut Salt, Jean Roger, Prevention, November 1984, page s47-49.& The Ten Commandments for Low Sodium Cooking by J.A. Scharffenberg, MD.
8. Nutrition Action Health Letter, July August 2005 page 5
9. Take it with a grain of salt, Harvard Heart Letter, November 2006, page 4.

"Ye are the salt of the earth, ' Jesus said. Do not withdraw yourselves from the world in order to escape persecution. You are to abide among men, that the savor of the divine love may be as salt to preserve the world from corruption . . . But if Christians are such in name only, they are like the salt that has lost its savor." The desire of Ages, Page 306

Distributed by: North American Division. **Director:** DeWitt Williams
Produced by: North American Division Health Ministries. **Director:** DeWitt Williams
Coordinator—Editor: Gordon Botting. **Design—Assistant Editor:** Ed Fergusson



SHAKE THE SALT HABIT

Salt has occupied a premier position in human society for centuries. A first class slave in the Greek culture was said to be “worth his weight in salt.” Plato called it “a substance dear to the gods” and the poet Homer called it “divine.” The Scriptures speaks of the blessed as “the salt of the earth.” It has been found at the center of many cults and religions. Wars have been waged over its sources and political uprisings have been staged over its taxation. Salt has been used in establishing friendships between individuals or treaties between nations. In ancient times Roman army officers were paid their salaries with it. Yet it is a humble compound, which the majority of us take for granted. In the beauty of the arts it has found its place. People from all over the world come to behold the salt sculpturing in Poland’s Wieliczka’s Museum. In Vienna visitors gaze in awe at what must be the ultimate saltshaker designed by Benvenuto Cellini in the 16th century for the King of France. It’s breath taking craftsmanship drives home the point of how precious a commodity salt is.

The Essence of Life –Salt.

The importance of salt and its use by modern man indicates it plays a far greater role than just flavoring our food. The majority is utilized by industry. As its component elements of sodium and chlorine are separated if goes into cosmetics, paints, photography, soaps, batteries, adhesives and explosives. In its liquid form sodium even cools nuclear reactors.

Even in its basic makeup defies logic. Salt is a blend of sodium and chlorine — the first, a metal so unstable that it bursts into flame when exposed to water; the second, a lethal gas. When we swallow the blend, it forms hydrochloric acid in our stomachs. Suicidal? No, an absolute necessity for life. Sodium is involved in muscle contraction, including heartbeats; in our



nerve impulses; in the digestion of body building proteins. Salt regulates the exchange of water between our cells and their surrounding fluid, which carries food in and wastes out.² Tonight, at the dinner table, cast a more appreciative eye on the humble saltshaker. From the cells in our brains and bones to customs that spice our languages and history, salt penetrates every aspect of our existence. Your very life depends upon these little white crystals. Our blood, sweat and tears and the very beating of our hearts all attest to that.

Advice

The salt industry would like you to think there is no ironclad evidence that high salt intake is bad for your health. As far as they are concerned it is like the song — “don’t worry.” So go ahead and eat what you desire and enjoy yourself. However the opposite is true salt could be the main villain of Hypertension and other cardiovascular disease or



at the least a fellow culprit. Stephen Havas, MD, MPH, vice president for science, quality and public health for the American Medical Association estimates 150,000 lives are lost annually which are directly attributable to excess sodium intake.³ Currently, scientists have hard evidence that it also cut backs the risk of having a heart attack, stroke, coronary by pass, angioplasty, and other “cardiovascular events.” In the late 1980’s and early 1990’s two Trails of Hypertension

Prevention (TOPH) randomly assigned nearly 3,000 individuals between the ages of 30 to 54 with prehypertension

(Participants were overweight with a diastolic blood pressure between 80-89) to either consume their usual diet or cut back sodium and average of 800 to 12,000 milligrams a day for 1½ to 3 years. Fifteen years after both these trials concluded, the researchers found that the risk of a cardiovascular event was 20to 30 percent lower in those who had been told to cut their sodium intake. Interesting the results was similar, regardless of the participant’s sex, age, race or weight.⁴

All the salty foods, particularly the fast foods such as French fries, pizza sub s, TV dinners and canned soups are unusually high not only in their sodium content but are high in calories, loaded with ‘bad’ trans/ saturated fats and low in vitamins and nutrients. Remember with this type of cuisine you get a lot of salt but little of vital minerals such as potassium and magnesium. Hence, cutting down on your salt results in a

better-quality diet. Set as your goal that you will not consume more than 2,300 milligrams of sodium daily. If you have hypertension due to race (black) or age (over 60) a salt intake of 1,500 milligrams is definitely better.⁵

No wonder between the years 1875 and 1905 Ellen White condemned the excessive use of salt while recognized the necessity to use a minimum amount to ensure a margin of safety She noted that “dishes are highly seasoned with salt and pepper, creating an almost intolerable thirst . . . they irritate and inflame the delicate coating of the stomach . . . Food should be prepared in as simple a manner as possible, free from condiments and spices, and even from an undue amount of salt.”⁶

If you are a saltaholic then follow these tips:

Use more food in their natural state such as fresh vegetable and fruits, legumes and whole grains. Serve unsalted almonds, peanuts or sunflower seeds. Note: an ounce of salted cashews can weigh in around 220 milligrams.

Try filling your saltshaker with these low- or no-sodium salt such as Mortin Lite Salt (50% less sodium, plus contains potassium) or Nu-Salt and Also Salt (Sodium free, plus L-lysine to mask the bitter aftertaste) or herbs or spices such as Mrs. Dash or Salt-Free Spike. Better still leave the saltshaker in the cupboard.

Soya sauce, tamari sauce, MSG canned vegetable juices, packaged soups, broths, bouillon cubes and stocks can be salt bombs.

Reduce your dependence on processed foods especially canned items. Drain and rinse all canned goods, such as beans to remove the excess sodium.

When cooking in your own kitchen reduce your salt intake by cutting the amount of salt in half. Cook with unsalted margarine/butter or better still use a good cooking oil. Seek out low sodium baking powders as a typical brand has over 405 milligrams per teaspoon. If you are at a restaurant have the server ask the cook to add only a small amount or no salt to your order.

Avoid bakery goodies such as pastries, cakes and cookies. Bread can often be a major source of sodium in our diet.

Experiment with a variety of condiments, spices and other seasonings. Use onions, garlic or Lemon juice as alternatives. However, steer clear of green olives, which have approximately one third more sodium than the green ones. Salted mustards average 100-200 mg. per tablespoon and some types can go over 400 milligrams per tablespoon.⁷