

## THE SALTY SIX

# 6

## FILIPINO

# DID YOU KNOW?

Filipinos are at risk for high blood pressure. In fact, 3 out of 5 Filipinos have high blood pressure and 1 out of 5 Filipinos have pre-hypertension<sup>1</sup>.

Pre-hypertension means your blood pressure is between 120/80 mmHg and 139/89 mmHg. This increases your risk for high blood pressure even more.

High blood pressure increases your risk for heart failure and stroke.

Reducing salt in your diet will help lower your risk for high blood pressure. The American Heart Association recommends to eat less than 1,500mg of salt per day. That is about 1/2 teaspoon of salt, 1 tablespoon of *patis*, or 1 tablespoon of *bagoong*.

### CONDIMENTS



Condiments like *patis* are high in salt. Salt is used to enhance other flavors, so even sweet sauces like banana ketchup may be high in salt.

### CANNED GOODS



Canned goods like luncheon meat and sardines use salt for shelf life. Eat these less often and in small amounts.

### MERIENDA



Crunchy goodies like *butong pakwan* and *cornick* are heavily salted. For smart snacking, have a handful and stick to only eating that amount.

### SOUP AND FLAVOR MIXES



Soup mixes used for dishes like *sinigang* have a lot of salt. An eighth of the pouch of *sinigang* base contains 810mg of salt.

### INSTANT NOODLES



Instant *pancit canton* and instant soups are laden with salt. They contain up to double your recommended salt intake.

### PRESERVED FOODS



A high amount of salt is used in items such as *dilis*, *itlog na maalat*, and *tuyo*. One ounce of *tuyo* contains 1,275mg of salt.

## Here are more ways to help you stay away from the Salty Six.

The Salty Six	Tips
<p>Condiments</p> <ul style="list-style-type: none"> <li>• <i>Atsara</i> – pickled green papaya</li> <li>• <i>Bagoong</i> – shrimp paste</li> <li>• Banana ketchup</li> <li>• <i>Lechon</i> sauce</li> <li>• <i>Patis</i> – fish sauce</li> <li>• <i>Toyo</i> - soy sauce</li> </ul>	<p><b>Be wise with your condiments</b></p> <p>Use measuring spoons instead of estimating the amounts.</p> <p><b>Afraid your dishes will be bland if you use less?</b> Add flavor with herbs and spices as well as low sodium condiments. Here are some Filipino pantry staples: bay leaves, ginger, peppercorns, and vinegar.</p>
<p>Canned Goods</p> <ul style="list-style-type: none"> <li>• Canned fish – sardines in tomato sauce, mackerel</li> <li>• Canned meats – corned beef, luncheon meat, Vienna sausage</li> </ul>	<p><b>When shopping...</b></p> <p>Look for low sodium versions of your favorite canned goods.</p> <p><b>For luncheon meat...</b></p> <p>Try slicing into thinner pieces and only having two slices.</p>
<p><i>Merienda</i> (Snacks)</p> <ul style="list-style-type: none"> <li>• <i>Butong pakwan</i></li> <li>• <i>Chicharon</i></li> <li>• <i>Cornick</i></li> <li>• <i>Pan de Sal</i> with cheese spread</li> <li>• Salted nuts</li> <li>• Saltine crackers</li> <li>• <i>Shing-a-ling</i></li> <li>• Shrimp chips</li> </ul>	<p><b>Craving for something crunchy to snack on?</b> Swap out the salty snacks for crunchy crudité such as carrot and celery sticks.</p> <p><b>Have a handful of plain roasted nuts.</b></p> <p>They are better for you than the salted version.</p> <p><b>Don't load up on the cheese!</b></p> <p>When eating a <i>pan de sal</i> and cheese spread sandwich, use only a half tablespoon of cheese spread. This is more than enough to satisfy your salt tooth.</p>
<p>Soup and Flavor Mixes</p> <ul style="list-style-type: none"> <li>• Bouillon cubes</li> <li>• <i>Sinigang</i> base</li> </ul>	<p><b>Control the salt in your <i>sinigang</i></b></p> <p>Try using tamarind paste to add sourness instead of using <i>sinigang</i> flavor packets.</p> <p><b>To cut the salt when you need chicken stock...</b></p> <p>Find reduced sodium alternatives in your grocery store.</p>
<p>Instant Noodle Soups and Noodle Dishes</p> <ul style="list-style-type: none"> <li>• Instant <i>pancit</i></li> <li>• Instant <i>mami</i></li> </ul>	<p><b>To reduce salt from instant noodles...</b></p> <p>Only use half the flavoring packet.</p>
<p>Preserved Foods</p> <ul style="list-style-type: none"> <li>• <i>Itlog na maalat</i> - salted duck egg</li> <li>• Dried fish – <i>danggit</i>, <i>dilis</i>, and <i>tuyo</i></li> </ul>	<p><b>Reduce the salt by switching up the ratios!</b></p> <p>Dried fish such as <i>dilis</i> or <i>tuyo</i> and <i>itlog na maalat</i> are usually eaten with rice and <i>ensaladang manga</i>, a salad of cilantro, green mango, and tomato. Have double of the <i>ensalada</i> and half of the dried fish or <i>itlog na maalat</i>.</p>

<sup>1</sup><http://www.med.nyu.edu/asian-health/research/aspire/hypertension-among-filipinos>