

# TSEBO



**SALT  
AWARENESS  
MONTH**

**MARCH 2023**



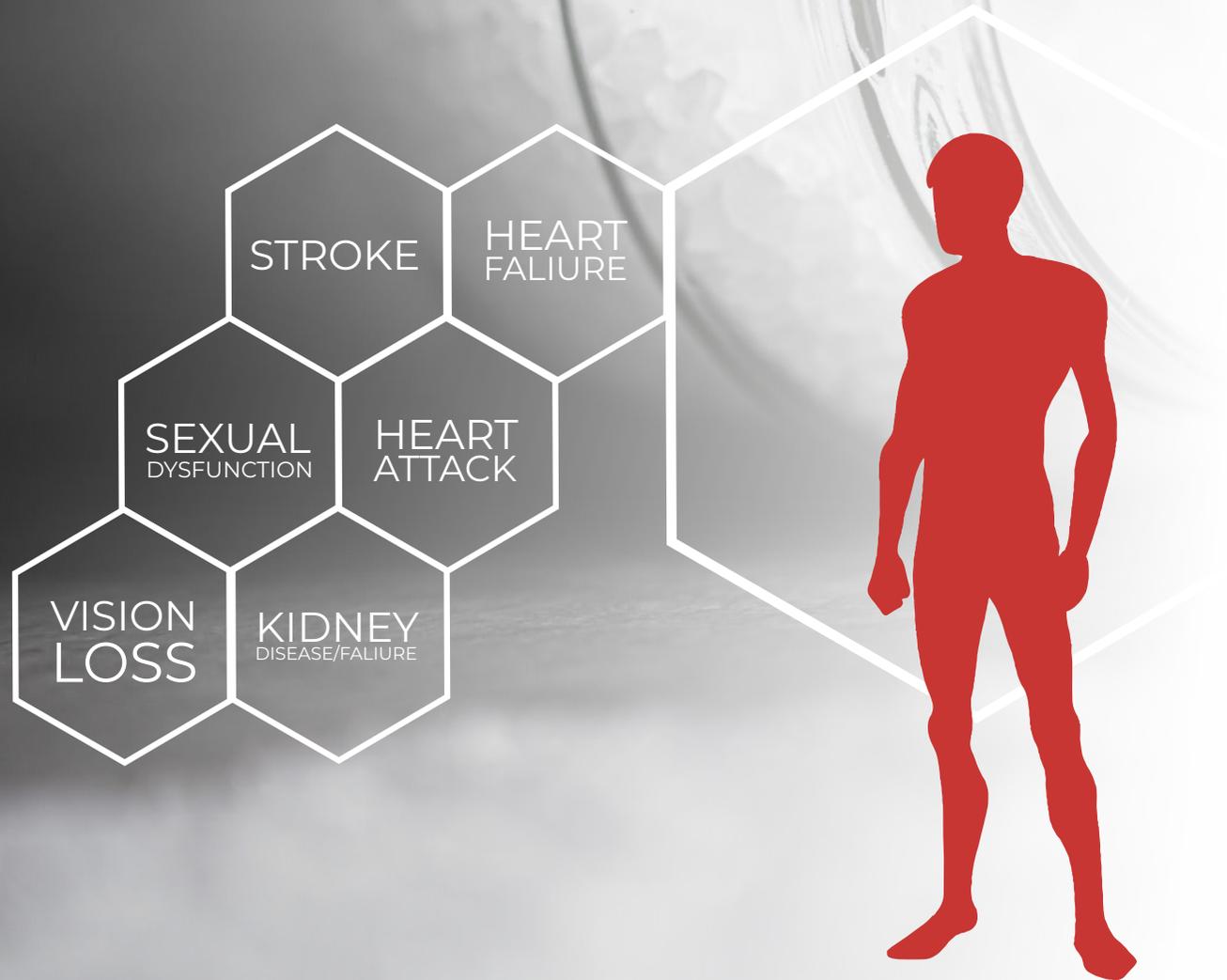
*Yours in nutrition, Annelize Zeelie*

# High Blood Pressure

Blood pressure is the force at which blood pushes against the artery walls as it flows through them.



# Complications of Hypertension



# Causes of Hypertension

## Cause of high blood pressure

1. Consuming too much sugar, oil, sour food, oily and spicy foods, lentils, tea and smoking cigarettes.
2. Binging on food.
3. Consuming alcohol excessively
4. Tension, anger and mental health problems
5. Stomach ailments
6. Obesity, diabetes and kidney disease



**Systolic**  
mmhg (Upper Number)

**Diastolic**  
mmhg (Lower Number)

<b>Normal</b>	<b>Below 120</b>	<b>and</b>	<b>Below 180</b>
<b>Elevated</b>	<b>120 - 129</b>	<b>and</b>	<b>Below 180</b>
<b>Hypertension Stage 1</b>	<b>130 - 139</b>	<b>and</b>	<b>80-89</b>
<b>Hypertension Stage 2</b>	<b>140 or Higher</b>	<b>and</b>	<b>90 or Higher</b>
<b>Hypertensive Crisis</b>	<b>Above 180</b>	<b>and/or</b>	<b>Below 120</b>

# Blood Pressure Charts

## NEW Blood Pressure Guidelines

Blood pressure category	Systolic pressure mm Hg		Diastolic pressure mm Hg
Normal blood pressure	Below 120		Below 80
Elevated	120-129	or	Below 80
High blood pressure/ hypertension stage 1	130-139	or	80-89
High blood pressure/ hypertension stage 2	140 or above	or	90 or above
Hypertensive crisis	Above 180	or	Above 120



# Why the daily intake of salt must be limited

- High Blood Pressure (Hypertension)
- Cardiovascular Disease
- Heart Attack
- Stroke
- Water retention (Oedema)
- More pressure on Kidneys / Kidney stones
- Increased risk of Stomach Cancer
- Osteoporosis



# How to lower salt intake

The amount of salt that we eat can have a major effect on our blood pressure. Guidelines recommend that we should have no more than 5.6 grams of salt per day. On average, we eat just over 8 grams a day. About 3/4 of the salt we eat comes from processed food, where it's often not obvious, for instance packet soups, sauces and even breakfast cereals can be high in salt.

## Tips on how to reduce salt include

- Use herbs and spices, rather than salt, to flavour food.
- Limit the amount of salt used in cooking.  
Never add salt to food at the table.
- Choose foods labelled 'no added salt'.
- Avoid processed foods as much as possible
- Consider using a reduced sodium salt alternative.  
The sodium in salt increases your blood pressure - using a version where some of the sodium has been replaced with potassium may
- lower blood pressure.



# Foods to be Avoided

## Proteins

- Bacon, Corned Beef, Processed meats - Viennas, Polonies, Salami, Cold meats, Sausages, Ham, Bully Beef.
- Salted Fish Haddock, Snoek, Tuna, Fish Fingers, Pilchards, Salmon, Sardines, Mussels, Snails, Prawns, Calamari.
- Biltong and Dried Wors.
- Canned Meat and Fish.
- Soya Products Toppers, Soya Mince.
- Salted Peanuts.
- Canned Baked Beans.



# Foods to be Avoided

## Milk and Milk Products

- Cheese all hard types
- Feta cheese
- Cheese Spread
- Buttermilk
- Amasi.



# Foods to be Avoided

## Breads, Cereals and Starches

- Breakfast Cereals All-Bran and Cornflakes
- Buttermilk Rusks
- Take Aways Meat-pies, Pizza, Toasted Ham and Cheese Sandwiches
- Salty Crackers
- Crips. Cheese Curls
- Pretzels.



# Foods to be Avoided

## General foods

- Pickled foods gherkins, atchar
- Fish paste, Marmite, Oxo, Bovril
- Soy and Worcester Sauce, Tomato Sauce, Chilli Sauce, Chutney, Mustard Sauce
- Commercial Salad Dressings, Mayonnaise
- Instant Packet Soups



# Foods to be Avoided

## General foods

- Aromat, Maggi Fondor
- Chicken Spice, Barbeque Spice, Steak and Chops Spice
- Stock Cubes
- Instant Gravy
- Chocolates
- Liquorice



# How to Flavour food without using SALT

Use Herbs



# No Salt seasoning Mix

## RECIPE

- 15ml dry Mustard
- 15ml Paprika
- 15 ml Garlic Powder
- 7ml Black Pepper
- 5ml Basil
- 5ml Thyme
- Mix together in salt shaker



# Salt intake in South Africa

RECOMMENDED DAILY SALT INTAKE 5g = 1tsb



# Lemon Rosemary Chicken Skillet

## INGREDIENTS

500g	cherry tomatoes
1½ teaspoons	black pepper, divided
1 tablespoon plus 1 teaspoon	grapeseed oil
4	boneless, skinless chicken breasts
1½ teaspoons	dried rosemary, divided
½ cup	white wine
2	cloves garlic, minced
1	lemon, juiced

**PREP TIME: 15 MINUTES**  
**COOKING TIME: 60 MINUTES**

## METHOD

1. Preheat the oven to 150°C.
2. In a medium bowl, toss the tomatoes with half of the pepper and one teaspoon of grapeseed oil.
3. Place the tomatoes in a cast-iron skillet (or, if you don't have one, a baking dish) and roast for 15 minutes.
4. While the tomatoes are roasting, pat the chicken dry with paper towels. Season with ½ teaspoon rosemary and half of remaining pepper.
5. Remove the tomatoes from the oven, but keep the oven on. Remove the tomatoes from the skillet and set aside, and place the skillet on a burner set to medium-high. If you don't have a cast-iron skillet, switch to a large skillet.
6. Coat the skillet with the remaining grapeseed oil. Once it's hot, place the chicken into the skillet. Let it sear, and turn after 2 minutes. Sear for 1 minute. Remove the chicken from the pan and set aside.
7. With the pan still on medium high heat, pour the white wine in. It will hiss and bubble a bit. Let it settle. While stirring, add the garlic, remaining rosemary, and remaining pepper. Add the juice from the lemon. Stir occasionally, and let it cook for 2 to 3 minutes.
8. If you're using a cast-iron skillet, return the chicken right to the skillet. If you're using a regular skillet and baking dish, add the chicken to the baking dish and then pour the sauce mixture over the chicken and tomatoes. Place the skillet or dish in the oven.
9. Bake for 30 minutes or until the chicken is cooked through and opaque.
10. Remove from the oven. Serve the chicken topped with the tomatoes.

# Fish Tacos

## INGREDIENTS

500g	hake fillets
2	limes, 1 juiced and 1 sliced into wedges
1	garlic clove, minced
½ teaspoon	ground cumin
½ teaspoon	chili powder
¼ teaspoon	black pepper
1 tablespoon	olive oil
½ cup	avocado mayonnaise
¼ cup	sour cream
2 tablespoons	milk of choice
1 cup	shredded cabbage
½ cup	chopped red onion
½ bunch	fresh chopped cilantro
12	corn tortillas

## METHOD

1. Place fish fillets in a dish. Squeeze lime juice from half a lime over the fish. Sprinkle fish with minced garlic, cumin, chili powder, black pepper, and olive oil. Turn fillets to coat with marinade and refrigerate for 15 to 30 minutes.
2. Make salsa blanca by combining avocado mayo, sour cream, milk, and juice of half a lime. Stir to combine and place in fridge to chill.
3. Broil fish on high until flesh turns white and fish flakes easily—about 10 minutes.
4. Remove fish from oven, cool slightly, and flake into large pieces.
5. Heat corn tortillas in a pan over low-medium heat until soft and warm. Wrap them in a dish towel to keep them warm.
6. Place a piece of fish on a tortilla. Top with salsa blanca, cabbage, red onion, cilantro, and lime wedges.

**SERVES: 6**  
**PREP TIME: 40 MINUTES**  
**COOKING TIME: 10 MINUTES**



# Greek Yogurt Salad Dressing

## INGREDIENTS

- 1 cup plain Greek yogurt
  - ¼ cup mayonnaise
  - 2 tablespoons chopped fresh chives
  - 2 tablespoons chopped fresh dill
  - 2 tablespoons lemon juice
- Mix all ingredients in a medium bowl and refrigerate until ready to serve.

**SERVES: 8**  
**PREP TIME: 5 MINUTES**  
**COOKING TIME: 0 MINUTES**



# Baked Sweet Potato Fries

## INGREDIENTS

2	sweet potatoes, sliced into wedges
1 tablespoon	olive oil
½ teaspoon	garlic powder
1 teaspoon	black pepper
lemon juice, to taste	

## METHOD

1. Preheat the oven to 200°C. Grease a baking sheet.
2. In a bowl, combine sweet potato wedges with olive oil and garlic powder until coated. Spread them evenly on the baking sheet.
3. Bake the sweet potato fries for about 15 minutes, and then turn them over and bake another 10 to 15 minutes until they are crispy. If you cut smaller fries, they will take less time to cook.
4. Remove from the oven and sprinkle with black pepper to taste. Gently squeeze lemon juice over the fries to give a light citrus flavor.

**SERVES: 2 TO 4**  
**PREP TIME: 10 MINUTES**  
**COOKING TIME: 30 MINUTES**



# Sauteed Swiss Chard/Spinach

## INGREDIENTS

2	tablespoons grapeseed oil
6	cloves garlic, sliced thinly
3	bunches well-rinsed rainbow chard, chopped, ends trimmed
½ teaspoon	crushed red pepper flakes
3 tablespoons	olive oil
½	lemon, juiced

## METHOD

1. In a large pan, heat the grapeseed oil over medium heat.
2. Add the garlic and sauté for 1 minute. Add the chard and season with the red pepper. Cook for 3 minutes, stirring often.
3. Reduce heat to medium low and cover. Cook for 3 more minutes and stir.
4. Cook until chard is tender, 1 or 2 more minutes. Remove from heat. Toss with olive oil and lemon juice. Season with salt and pepper.

**SERVES: 4**  
**PREP TIME: 10 MINUTES**  
**COOKING TIME: 10 MINUTES**



# Lemon Vinaigrette

## INGREDIENTS

⅓ cup	olive oil
¼ cup	balsamic vinegar
3 tablespoons	lemon juice
4	cloves garlic, minced
½	teaspoon black pepper

In a small bowl, whisk dressing ingredients.  
Serve or refrigerate, covered, for up to 2 weeks.

**SERVES: 8**  
**PREP TIME: 5 MINUTES**  
**COOKING TIME: 0 MINUTES**



# Salt free & special diet gravy

## INGREDIENTS

2.1 lt	Water
500g	Potatoes
500g	Carrots
150ml	Cake Flour
30g	Mixed herbs, dried

## METHOD

1. Peel and cut potatoes and carrots into 1cm cubes
2. Bring water to the boil and add potatoes and carrots. Reduce heat, cover and simmer until vegetables are soft
3. Mix the flour with enough cold water to make a paste and add gradually to boiled vegetables to thicken. Add mixed herbs
4. Liquidise till smooth. Add more water if too thick
5. Heat before serving

**SERVES: 4**  
**PREP TIME: 10 MINUTES**  
**COOKING TIME: 10 MINUTES**



# Herb Shaker Recipe

## INGREDIENTS

This can be used to season food when cooking or at the table

1. Combine the following:
2. 2ml cayenne pepper
3. 5ml dried sage
4. 12.5ml garlic powder
5. 5ml black pepper
6. 5ml dried basil
7. 5ml onion powder
8. 5ml dried marjoram
9. 5ml mace
10. 5ml dried thyme
11. 5ml dried parsley





For recipe-related queries, please contact Tsebo Catering Solution.

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