


# Reducing Sodium (Salt) in Foods

## Trade Consultation Forum

20 June 2013


# World Health Day 2013



**under PRESSURE?**

Cut your risk of heart attack and stroke – control your blood pressure

WORLD HEALTH DAY 2013  
[www.who.int/control-blood-pressure](http://www.who.int/control-blood-pressure)

 World Health Organization

**隱形殺手高血壓**  
HIGH BLOOD PRESSURE KILLS  
**預防治療皆有法**  
BUT IT'S PREVENTABLE AND TREATABLE

**你的血壓正常嗎?**  
Is your blood pressure normal?


正常讀數低於  
Normal reading below

上 壓  
Top number  
**120** mmHg

下 壓  
Bottom number  
**80** mmHg

更多 - 請 To learn more  
2833 0111 [www.chp.gov.hk](http://www.chp.gov.hk)

 Department of Health



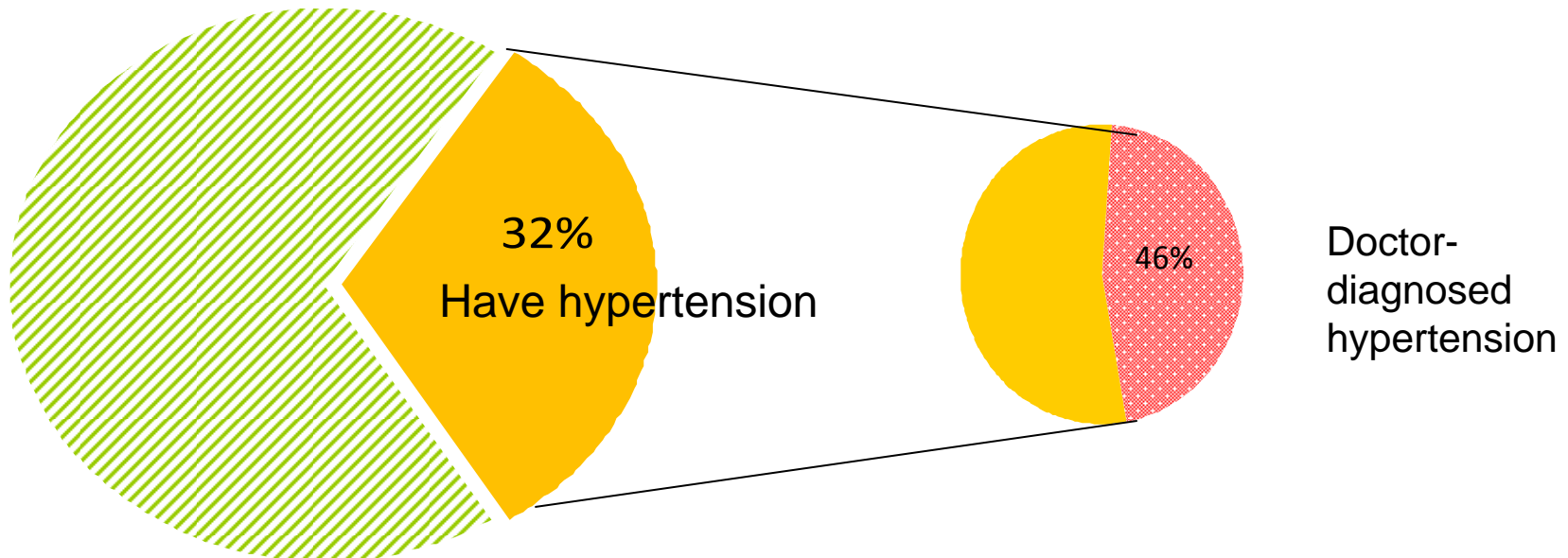
# Relationship between sodium/salt and health

- Sodium is essential for normal body functions
- High sodium intake may increase the risk of some chronic diseases, such as **hypertension**, renal diseases...
- WHO recommends a reduction in sodium intake
  - Adults <2g/day sodium... *to reduce blood pressure and risk of cardiovascular disease, stroke and coronary heart disease in adults* (strong recommendation).
  - Children <2g/day sodium adjusted downward based on the energy requirements ... *to control blood pressure in children* (strong recommendation).
- As revealed in a recent report, the daily dietary intake of salt of the Hong Kong population is generally **10g**, i.e., twice the recommended level of the WHO.



# How common is hypertension in Hong Kong?

- The prevalence of diagnosed hypertension in Hong Kong
  - 9.3% in 2008 to 11% in 2011/12 (Source: Census and Statistics Department)



(Source : FAMILY Project Cohort Study, School of Public Health of HKU)

# Major sources of sodium of different diets



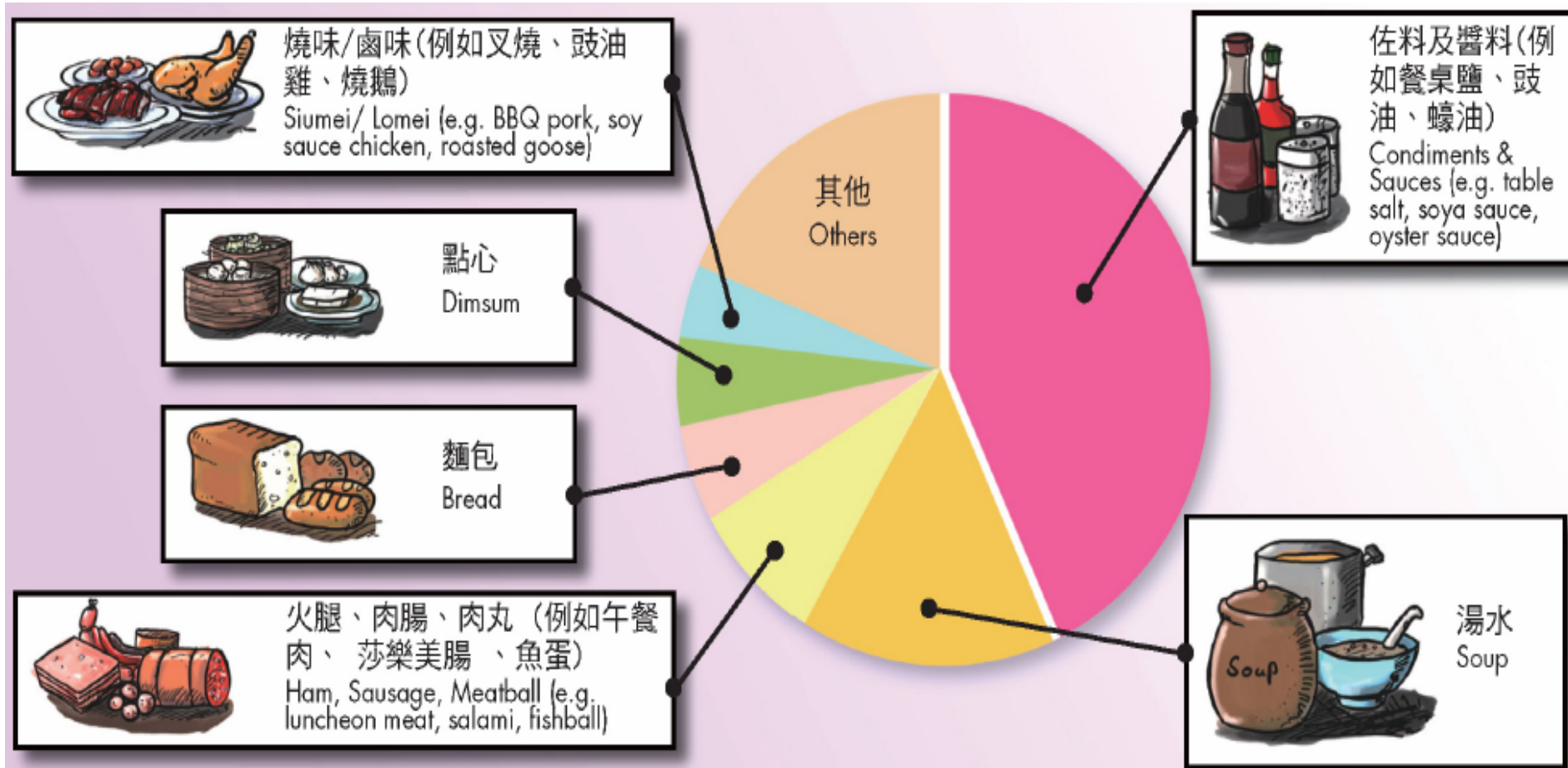
Countries with a **Western diet**:  
75% from salt in processed foods.

**Traditional diets in Asia:**  
Salt added during cooking and at table.





# Estimated distribution of sodium intake in local diet



# WHO's stance on reducing sodium in foods



- Cooperation of food industry to
  - Reduce sodium content in processed foods
  - Make reduced sodium products widely available and accessible
  - Provide consumer with choices
- Success reported in some countries
  - Food manufacturers work in close cooperation with government agencies to reduce sodium content of processed foods is feasible and achievable
  - Effects result in marked reductions in sodium content of products without adverse consumer reaction

[http://www.who.int/nutrition/publications/guidelines/sodium\\_intake/en/](http://www.who.int/nutrition/publications/guidelines/sodium_intake/en/)

# Working Group on Reducing Sodium in Food



# Terms of Reference

1. To identify ways to reduce sodium consumption via processed food products as part of the overall strategy to reduce population intake of sodium so as to enhance public health.
2. To establish local targets on reducing sodium in processed food products.
3. To propose and advise on the publicity activities concerned.



# 1st Working Group meeting

- **Held on 27 Mar 2013**

- **Present:**

## **Local and multinational food manufacturers and suppliers**

- Campbell Soup Asia Limited
- Hong Kong Yamazaki Baking Co. Ltd.
- Hung Fook Tong (Herbal Tea) Ltd.
- The Garden Co. Ltd.
- McDonald's Corporation

## **Catering industry**

- Association of Restaurant Managers
- Institution of Dining Art

## **Academics**

- IVE Food Science, Technology & Safety Programme



# Topics discussed on 1st Meeting

- Relationship between sodium and health
- Main sources of sodium in local food
- Overseas experience in reducing sodium in food
- Members shared views on the reduction of sodium in respect of their trades and areas of work
  - to further examine feasible measures with their respective companies or association members and to report in the next meeting.



# 2nd Working Group meeting

- **Held on 13 June 2013**

- **Present:**

## **Local and multinational food manufacturers and suppliers**

- Campbell Soup Asia Limited
- Hong Kong Yamazaki Baking Co. Ltd.
- HK Ham Holdings Ltd
- Hung Fook Tong (Herbal Tea) Ltd.
- The Garden Co. Ltd.
- LEE KUM KEE
- Nissin Foods Co. Ltd.
- Tai Hing Worldwide Development

## **Catering industry**

- Institution of Dining Art

## **Academics**

- CUHK Food Research Centre



# Topics discussed on 2nd Meeting

- 3Rs (Reduce, Replace, Resize) - strategies for reducing sodium in foods
- Experience sharing on reducing sodium in food
  - “Salt Reduction in Premium Bread”
  - “EatSmart@restaurant.hk” Campaign
  - Sharing on progress since last meeting by Members
- Way forward
  - Action Plan to Reduce Salt/Sodium Intake in Hong Kong
  - Survey on the delivery plan for reducing sodium in foods among members



# Local initiatives on reducing sodium intake in the population

- Promote healthy lifestyle (including low salt diet);
- Conduct studies on salt (sodium) in food;
- Provide a local database on nutrients content including sodium in food (Nutrient Information Inquiry System (NIIS));
- Implement the Nutrition Labelling Scheme
- Issue the Trade Guidelines for Reducing Sodium in Foods
- Establish the Working Group on Reducing Sodium in Foods.





# Way forward

1. Identify areas of feasible sodium reduction in different food categories and establish agreed reduction targets;
2. Provide information of sodium content in food to consumers
  - company website;
  - voluntary labelling of nutrients (including sodium) in food provided in restaurants



**Welcome to join the WG**

**–Thank You–**

