

Just 1 teaspoon less salt a day cuts health risks at a stroke

By Emily Cook

25/11/2009



Eating one less teaspoonful of salt daily can cut the risk of a stroke by almost 25%.

And having less salt can also lower the risk of heart disease by 17%, according to the results of 13 different studies.

Scientists, analysing the findings involving more than 170,000 people, found cutting daily salt intake by 5g across the world could prevent 1.25 million deaths a year from strokes and almost three million due to heart disease.

Prof Francesco Cappuccio, who carried out some of the research at Warwick University, said: "It is a small but significant step in removing doubt about the need to lower salt intake.

"We're talking about four or five bags of crisps a day - and if you consider changing your diet by having reduced salt bread and pasta sauce you can add up to more than a 5g reduction."

The World Health Organisation recommends one teaspoon, or 5g, of salt a day but Brits consume an average of 10g.

Prof Cappuccio said convincing the food industry to cut salt was a "slow process" but targets would be reached by 2024.

Joanne Murphy, of The Stroke Association, backed the findings reported in the British Medical Journal. She said: "We need consistent labelling so people know how much salt is

already in food they buy."

40% Of strokes could be prevented if people reduced high blood pressure through treatment and cutting salt intake

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