Key messages

- Excessive salt can lead to high blood pressure, which increases the risk of heart attack, stroke and kidney disease.

- The World Health Organization (WHO) recommends a daily maximum salt intake of 5g – this is about 1 teaspoon. Victorians are consuming nearly double this amount.

- Unpack Your Lunch is the next phase of the Unpack the Salt campaign. You are encouraged to sign up to the 10 Day Salt Challenge to take the first steps towards reducing the salt in your diet. Head to www.unpackthesalt.com.au/unpackyourlunch to sign up.

- On average, one tablespoon of soy sauce contains 3.1g salt, which is nearly 60% of the recommended daily maximum salt intake.

- One tablespoon of the saltiest soy sauce contains 4.4g salt, which is nearly 90% of the recommended daily maximum salt intake.

- On average, one soy sauce fish bottle contains nearly 10% of the recommended daily maximum salt intake.

- The amount of salt in soy sauce varies greatly, with some containing more than double the salt than others (range 9.5g - 21.9g per 100g).

- Fish sauce is the saltiest Asian style sauce. On average, one tablespoon contains 4.8g salt, which is 96% of the recommended daily maximum salt intake.
Follow us

We’ll be posting on social media, and we would love you to get involved. If you are posting on your own social, use #UnpackTheSalt and #UnpackYourLunch and tag us at:

Twitter – @heartaust

Instagram = @nationalheartfoundation

Facebook = @nationalheartfoundation

Suggested tweets

- If it’s packed, chances are, it’s packed with salt. 75% of the salt we eat comes from processed foods @HeartAust #UnpackTheSalt #UnpackYourLunch

- New research shows that one tablespoon of the average soy sauce contains 61% of the max daily salt intake. #UnpackTheSalt #UnpackYourLunch @HeartAust

- New research shows some soy sauces have double the salt than others. Read the label. #UnpackTheSalt #UnpackYourLunch @HeartAust

- On average one soy sauce fish bottle contains nearly 10% of the max daily salt intake. #UnpackTheSalt #UnpackYourLunch @HeartAust

- New research shows fish sauce is the saltiest Asian style sauce, with a tablespoon containing on average nearly an entire days’ worth of salt. #UnpackTheSalt #UnpackYourLunch @HeartAust

- Join the Unpack Your Lunch 10-day salt challenge to take the first steps towards reducing the salt in your life #UnpackYourLunch #UnpackTheSalt @HeartAust.

- Sign up to the Unpack Your Lunch 10-day salt challenge for simple tips on how to reduce the salt in your life. #UnpackYourLunch #UnpackTheSalt @HeartAust
Social media tiles