

Social supporter kit – Asian Style Sauces



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](https://twitter.com/heartaust)



Instagram = [@nationalheartfoundation](https://www.instagram.com/nationalheartfoundation)



Facebook = [@nationalheartfoundation](https://www.facebook.com/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

Download the images: <https://unpackthesalt.com.au/downloadable-resources-new/>

UNPACK YOUR LUNCH
UNPACK THE SALT

VicHealth | Heart Foundation

On average **ONE SOY SAUCE FISH** contains nearly **10% OF THE MAX DAILY SALT INTAKE*** (0.5g salt/3ml serving)

On average **one tablespoon of soy sauce** contains almost **TWO THIRDS OF THE MAX DAILY SALT INTAKE*** (3.1g salt/20ml serving)

Some soy sauces **CONTAIN DOUBLE** the amount of salt than others

FISH SAUCE IS THE SALTIER ASIAN STYLE SAUCE
On average one tablespoon contains almost the **entire max daily salt intake*** (4.8g salt/20ml serving)

OYSTER SAUCE HAS THE LOWEST SALT CONTENT OF AN ASIAN STYLE SAUCE
On average one tablespoon still contains **one third of the max daily salt intake*** (1.8g salt/20ml serving)

READ THE LABEL
BUY A REDUCED SALT OPTION
unpackthesalt.com.au

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