



Salt in Our Diet

Selected Results from STEPS to a Well Bermuda 2014

It is important to eat the right amount of salt for the body's needs. Eating too much salt can raise the risk of developing high blood pressure and other conditions such as stroke, bone loss, stomach cancer, and kidney disease.

Highlights

- More than 1 in 3 adults do not think that too much salt in the diet can cause health problems.
 - Older adults are most likely to think that too much salt leads to health problems.
 - Persons with lower income are more likely to think that too much salt causes health problems than those of higher income.
- While almost all adults think it is important to lower salt in their diet, 1 in 5 think that they eat too much salt and 1 in 2 always or often add salt when cooking.
 - Younger adults are almost twice as likely to add salt when cooking than older adults.
- Among the ways used to control salt intake, most try not to eat processed foods and purchase low salt alternatives.
 - Women and older adults are more likely to look at salt labels on foods than men and younger adults.
 - Less than a third of younger adults cook meals without adding salt compared to half of older adults.

Figure 1. Percentage of adults who think too much salt can cause health problems

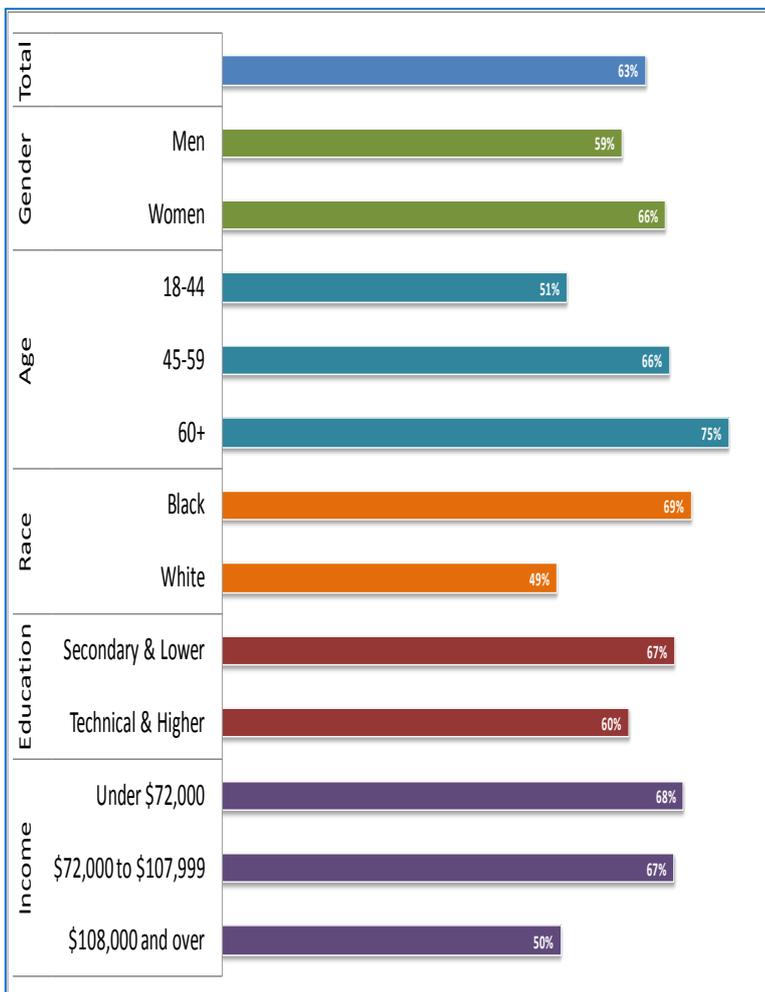


Figure 2. Salt use among adults

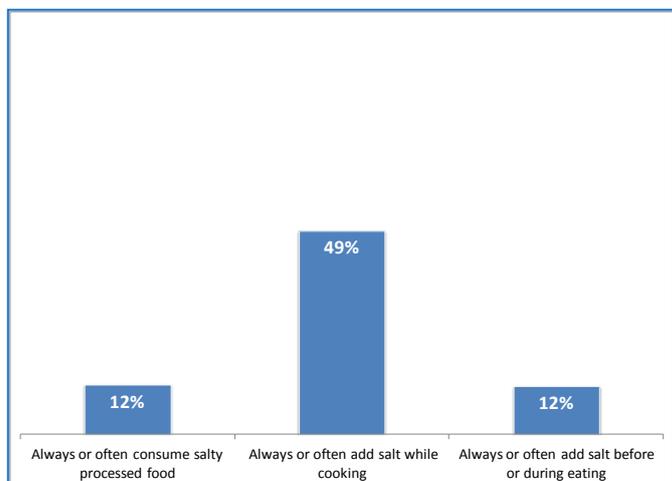
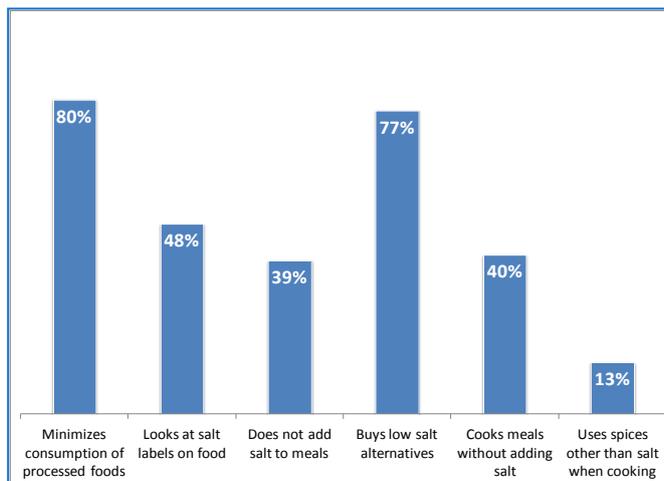


Figure 3. Methods of controlling salt intake among adults



For additional information, email:

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