

# Masima = Salt



Masima is found in many foods. Most of the masima you eat comes from processed and packaged foods such as *pisupo* (canned corned beef) and noodles. Most people eat too much masima without knowing it. You can still enjoy your food without extra masima.

## Why do I need to reduce my masima intake?

Heart failure means that the heart muscle isn't pumping the blood around the body as well as it used to. Eating too much masima can make your body hold on to *suavai* (fluid). This is a bit like how a sponge holds on to fluid. When you have heart failure, eating too much masima can mean that the heart has to work harder to pump the extra *suavai* around the body. Reducing how much masima you eat can help to manage the symptoms of heart failure.

## Where is masima found?

- Canned foods such as *pisupo* (canned corned beef)
- Takeaway foods such as deep fried chicken and chips
- Processed and packaged foods such as two-minute noodles
- Stock cubes and powders as well as vegetable salts
- Sauces such as soy sauce and tomato sauce

Lowering your masima intake can help manage symptoms of heart failure

## Masima is also known as:

- Sodium and sodium chloride (NaCl)
- Rock salt, sea salt, iodised salt, kosher salt
- Monosodium glutamate (MSG)

## How can I reduce my masima intake?

- Swap salty foods for low or reduced salt foods
- It's better not to add salt in cooking or at the table
- Limit processed, packaged and takeaway foods
- Add pepper, herbs and spices to make your food tastier

It is important for you to take healthy steps to ensure your community stays well.

This means watching your masima intake.

Let's do it for our aiga!



# Swap salty for less salty

**Swap** regular soy sauce for salt-reduced soy sauce

When shopping, look out for 'no added salt' or 'reduced salt' varieties of your favourite products.



*Salt-reduced soy sauce has half the amount of salt compared to regular soy sauce*

**Swap** pisupo (canned corned beef) for roast silverside with vegetables



Roast your own lean silverside and remember, it's healthier to have smaller portions.

*Roast silverside has 15 times less salt than pisupo*

**Swap** fried chicken for roast chicken with salad

It's better not to add salt in cooking or at the table. Remember to include more vegetables on your plate.



*Skinless roast chicken has 8 times less salt than fried chicken*



This resource has been produced by the Access and Capacity-building Team, Metro South Health and QUT Nutrition and Dietetics students.

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**Swap** salt for these flavours...

- Pork** garlic, lemon, apple sauce, ginger, mustard
- Beef** bay leaf, thyme, black pepper, mustard
- Lamb** mint, ginger, paprika, oregano, rosemary, garlic
- Chicken** garlic, lemon, thyme, basil, chilli
- Fish** lemon, lime, parsley, chilli, chives, vinegar