

Masima = Salt

Masima is found in many different 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?

Eating too much masima makes your kidneys work harder. This may cause kidney damage and lead to high blood pressure. It's the kidney's job to get rid of waste from your body. It is important to reduce your masima intake to keep your kidneys healthy as this can prevent further kidney damage. Less masima is also important if you are on dialysis.

Eating too much masima can also make you thirsty. This can make it hard to limit your *suavai* (fluid) intake. This is important if you have kidney disease.

Where is masima found?

- Canned foods such as *pisupo* (corned beef)
- Takeaway foods such as deep fried chicken and chips
- Processed and packaged foods such as two-minute noodles
- Stocks and sauces such as soy sauce

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



Lowering your salt intake can help reduce the impact of kidney or heart disease

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 eight times less salt than fried chicken

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, chives, vinegar, chilli



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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