

LEEK & POTATO SOUP

INGREDIENTS

- Leeks (fresh or frozen) - 80g
- Potatoes - 100g
- Onion - 20g
- Milk (whole) - 50ml
- Knorr zero salt vegetable stock cube - x2 with 150ml water

Makes 1 portion

METHOD

- Chop the potatoes into small cubes
- Dice the onion
- Slice the leeks (fresh)
- Sizzle the butter in a saucepan then add the potatoes, onion and leeks
- On a low heat, cover with a lid for 10 minutes
- Pour in the stock mix and bring to the boil
- Reduce heat, add in the milk and simmer for 5 minutes
- Blend to desired texture
- Return to heat if required

SERVE & ENJOY!

Energy	Fat	Saturates	Sugars	Salt
170kcal 717kJ	2.8g	1.5g	7.2g	0.09g
9%	4%	8%	8%	2%

% of an adult's reference intake

Typical Energy values per 100g: 149kJ/35kcal



RESOURCES

Eating Well During Menopause - HEART UK

<https://www.heartuk.org.uk/ultimate-cholesterol-lowering-plan/uclp-menopause>

Salt: the facts - NHS

<https://www.nhs.uk/live-well/eat-well/food-types/salt-nutrition/>

Salt - how much is too much? - BHF

<https://bhf.org.uk/information-support/support/healthy-living/healthy-eating/salt>

Action on Salt - Action on Salt

<https://www.actiononsalt.org.uk>

Blood Pressure UK

<https://www.bloodpressureuk.org>

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SALT

Reducing salt intake in menopausal and postmenopausal women

Dannielle Devine and Louise Herridge

WHAT IS SALT?

Salt is a mineral composed from sodium chloride (NaCl). Dietary salt is typically added to season or used as a preservative to prolong the life of foods.



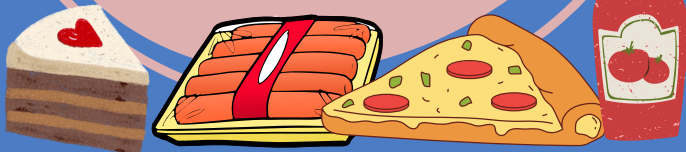
WHY DO WE NEED IT?

Salt is an essential nutrient and vital for many physiological processes such as; maintaining fluid balance, assisting with muscle and nerve activity and preventing hypotension.

Adults are recommended to consume **less than 6g of salt** a day

Most of the salt we consume is already in our foods

Main sources of salt in food are processed meats, pizza, sauces, gravies, bread, biscuits, cakes,



TOP TIPS TO REDUCE SALT INTAKE

- Use herbs, spices, lemon, chilli, garlic when to add flavour instead of adding salt
- Don't add salt at the table
- Pink salt, rock salt, salt flakes and crystal salt can also increase your blood pressure
- Check food labels to see how much salt is in packaged food

FOOD LABELS salt per 100g

If the packaging refers to sodium content then multiply this figure by 2.5 to work out the salt content. For example - 1g sodium = 2.5g salt.

HIGH

more than
1.5g per 100g

MEDIUM

0.3g to 1.5g per 100g

LOW

less than
0.3g per 100g

RISKS OF HIGH INTAKE...

Too much salt can cause excess water in blood vessels causing blood pressure to increase. Menopause also increases the risk of high blood pressure due to a drop in oestrogen.

High blood pressure (hypertension) is a risk factor for cardiovascular disease (CVD) including; heart attack and stroke. After menopause the risk of having a heart attack is five times higher than before



BENEFITS OF REDUCING INTAKE...

Reduces the risk of developing serious health conditions including CVD.

Evidence has shown that reducing salt intake is a cost-effective way to improve the health status of populations.