



I need more salt because I exercise and sweat a lot.

Most of us already eat more salt than we need, you only lose a small amount of salt in sweat-just make sure to stay hydrated.

You can tell how salty a food is by the taste.

Some high salt foods such as cereals, bread, sauces, cakes, biscuits may contain hidden salt but not taste salty.

Himalayan pink salt and kosher/Sea salt are healthier options.

Both Himalayan pink salt and kosher /Sea salt has almost same level of sodium (40%) as table salt. No evidence suggest they are healthier options.

Food without salt tastes bland.

You can add the flavour with herbs, spices, and citrus. Your taste buds adjust after about three weeks of eating less salt.

I don't need to eat less salt as I don't have high blood pressure.

Risk starts even at normal blood pressure, which typically rises with age, a low-salt diet can help prevent this and reduce disease risk.

I don't add salt to my food, so I don't eat much.

Most of us are eating too much salt (about 75% more) than the recommended amount (6g per day) from everyday foods without realising.

I don't use table salt, so I'm in control of my sodium intake and my blood pressure.

Most sodium we eat is hidden in processed foods such as tomato sauce, soups, condiments, canned foods and prepared mixes. The words "soda", "sodium" and the symbol "Na" on nutrition labels show that sodium is present.



High Blood Pressure Isn't a Big Deal

It's normal for blood pressure to rise and fall throughout the day. But when it remains high over time, it becomes high blood pressure/ hypertension—often with no warning signs, which is why it's known as the “silent killer.” Left unmanaged, it can cause serious harm to your health. Healthcare professionals agree high blood pressure is a big deal.

High blood pressure affects only older adults.

High blood pressure can affect all age groups: children, young adults, adults and older adults.

I feel fine. I don't have to worry about high blood pressure.

Many people have high blood pressure for years without knowing it. It's often called “the silent killer” because it usually has no symptoms.

High blood pressure runs in my family. There is nothing I can do to prevent it.

You are more likely to develop high blood pressure if you have a family history. However, nutrition and lifestyle choices can help you prevent or delay the onset.

I was diagnosed with high blood pressure. I have recently had lower readings, so I can stop taking my medication.

High blood pressure can be a lifelong condition, and the readings may vary. Regular monitoring and following your healthcare professional's advice on medication is vital to prevent complications.

Managing high blood pressure means giving up my favourite foods.

Even if you have several risk factors, you can lower your risk of high blood pressure through sustainable nutrition and holistic lifestyle changes. Managing blood pressure isn't about strict diets or giving up the foods you love—it's about balance. With the right support and guidance from your healthcare professional, you can enjoy your favourites while protecting your health.

Understanding high blood pressure and its impact on your wellbeing is the first step toward a healthier life—one that helps you keep doing what matters most.