

## The over-riding importance of BREAD

No other single food adds so much to the huge overload of salt in the Australian diet as bread. It is such a staple food and is so much more salty than most people realise. The average sodium content of about **600 mg/100g** is **five times too high**.

Some supermarkets and speciality shops sell low salt breads (see pictorial shopping list).

Some bakeries sell 'salt-free' (meaning no-added-salt) bread, or you can make your own in a bread machine. The taste is different but your palate adapts in time. (*Salt Matters* has a whole chapter on bread.)

### BAKING YOUR OWN BREAD

A standard bread recipe using plain flour will make a low salt loaf if the salt is reduced to one fifth of the amount in the recipe. You can also make no-added-salt (NAS) bread. Salt is a dough improver, and without it the loaf is heavier. Other dough improvers work equally well without salt and give a lighter loaf. Adding gluten flour to your recipe will also help your NAS bread to rise. Using a breadmaker makes it easy to knead and bake your own bread.

**Commercial premixes are pre-salted** Instead use high quality bread flour and add dough improver.

Some small bakeries including some Baker's Delight franchises take orders for 'salt free' (NAS) bread and Brumby's franchises can get the official Brumby's 'salt-free' recipe from their Head Office.

### The flavour of low salt foods and NAS bread:

**The best salt substitute is an adapted palate!** Nature rapidly repairs the damage that salt has done to your taste buds and you will start to taste the real flavour of food. Some people adapt quickly to NAS bread, but even the slowest are happy with NAS fruit bread, and for most palates potassium chloride salt substitute (No Salt) makes NAS bread taste like ordinary bread.

### IODINE IS GOOD—UNLESS COMBINED WITH SALT

Iodised salt is still 39% sodium—39,000 mg/100g—and has no place on the table of a family where salt causes or aggravates a health problem. *Salt Matters* has a whole chapter on iodine. Sea fish (fresh or NAS canned) and many brands of multivitamin capsules contain iodine, and you can iodise home-made bread with potassium iodide drops for breadmakers. Go to [www.saltmatters.org](http://www.saltmatters.org) and click on Salt and Iodine, or ask a friend with a computer to print out the three pages for you.

### Where to get help!

There is a lot of information and resources available to help you

**WEBSITES:**            <http://www.saltmatters.org>  
                              <http://www.findlowsaltfood.info>  
                              <http://www.smanz.info>

**JOIN AN EMAIL DISCUSSION GROUP** on good control of salt. Just send a blank email to:  
[saltmatters-subscribe@ozdocit.org](mailto:saltmatters-subscribe@ozdocit.org)

### RESOURCES: Available from the Meniere's Australia (MA)

Salt Matters – the killer condiment (book) by Dr Trevor Beard	\$30.00 including postage
The Dizzy Chef ~ Healthy Cooking Recipe Book	\$22.00 including postage
Less Salt - Better Health ~ Information CD-ROM	\$20.00 including postage

**Special offer ~ all three titles for \$60.00!**

### Low Salt Cooking Essentials:

Low salt stock powders (beef, vegetable, chicken), baking powder, potassium bicarbonate and calcium glutamate (flavour enhancer) are available to purchase in person, or by phone, email or mail.

**Contact the Meniere's Information and Resource Centre for postage and handling costs**

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