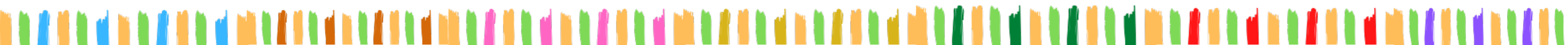


HEALTH PROMOTION – SALT

Social Media

Brought to you by: South East Coast & London, North West Dietitian Network



Digibete / social media

Below are 3 posts for the health promotion Topic . Each newsletter has a picture for the list image and an image for the content .

Below are blank instructions for digibete, each slide contains the content you will need to copy and paste for the post.

These should be posted to Digibete in month intervals.

Link to digibete app: <https://app.digibete.org/login> You can do these all at the same time and schedule a time for them to be posted.

If not using digibete the app the content and images here can be used for any social media.

News Title: (text will be given)

List Image

Right Click on the image opposite, save picture. Go to the Image location and drag into the list image box.

Content: (click add text and copy and paste below)

The contents will be given on each page, copy and paste into the text area provided

Post Image:

- Click add image

Right Click on the post image 1 opposite, save picture. Go to the Image location on your drive and drag into the list image box on the digibete post page. Do the same for post image 2

Attachments or further reading: (Additional Files or links)

- Download Newsletter – SALT newsletter 1 from the CYP Diabetes Network page , save it to a known location.
- Click Add File in digibete app webpage
- Drag and drop the file from the location you saved it

DON'T FORGET TO CHANGE THE PUBLISH DATE for the newsletter to be sent month by month

Digibete / social media: month 1

Below are 3 posts for the health promotion Topic of salt. Each newsletter has a picture for the list image and an image for the content. Below are instructions for digibete, These should be posted to Digibete in month intervals. Link to digibete app: <https://app.digibete.org/login> You can do these all at the same time and schedule a time for them to be posted. If not using digibete the app the content and images here can be used for any social media.

News Title:

Healthy Lifestyles Campaign – Salt

List Image

Right Click on the image opposite, save picture. Go to the Image location and drag into the list image box.

Content: (click add text and copy and paste below)

For the next 3 months we are focusing on dietary salt and how this relates to health.

WHY IS SALT IMPORTANT?

Salt controls the amount of fluid in our blood. More salt in our food means our blood holds on to more water and our blood pressure goes up.

High blood pressure increases the risk of Cardiovascular disease (CVD) including heart disease, stroke and heart failure.

High salt diets are also linked to stomach cancer, osteoporosis, kidney disease, obesity, bloating/water retention.

Test your knowledge on salt by doing a quiz [on this link](#) or [watch this video](#) to learn more.

The below picture shows a high salt eating pattern, [NHS healthier Families](#) highlights other foods to watch out for.

Post Image:

- Click add image

Right Click on the post image 1 opposite, save picture. Go to the Image location on your drive and drag into the list image box on the digibete post page. Do the same for post image 2

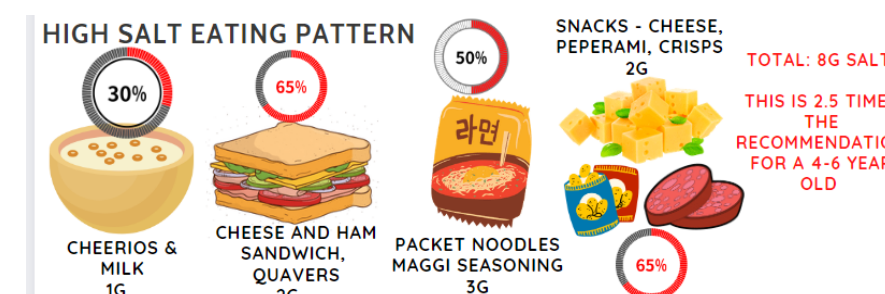
Attachments or further reading: (Additional Files or links)

- Download Newsletter – SALT newsletter 1 from the CYP Diabetes Network page, save it to a known location.
- Click Add File in digibete app webpage
- Drag and drop the file from the location you saved it

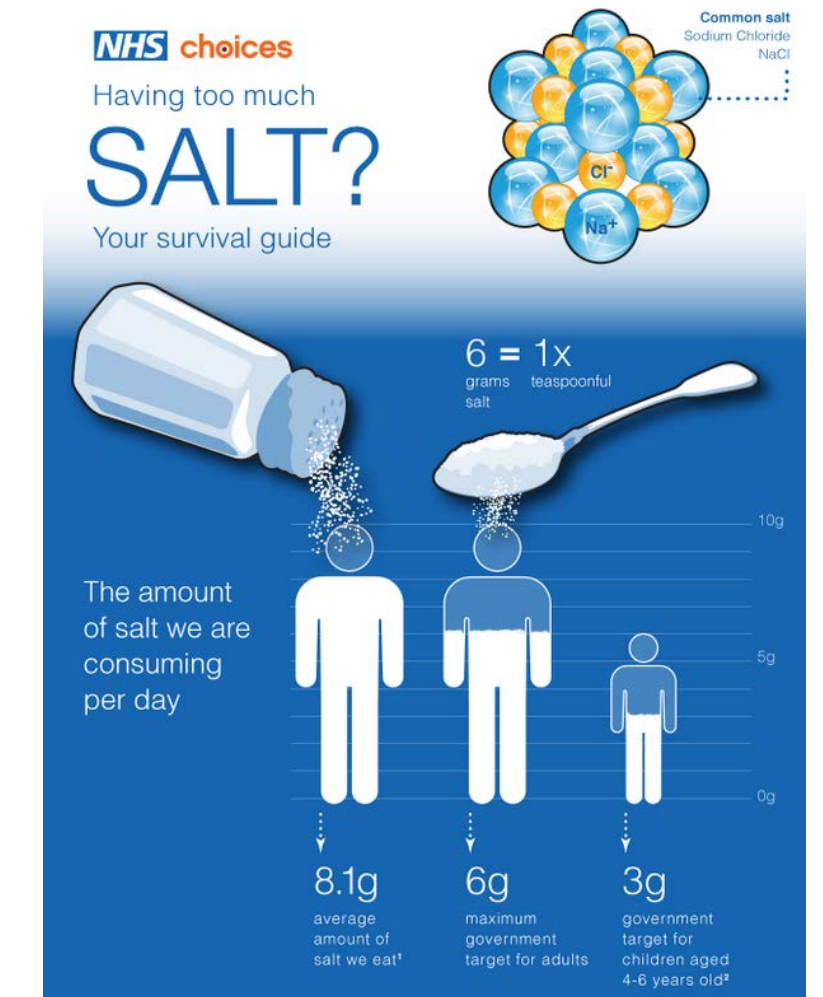
List Image



Post Image 2



Post Image 1



Digibete / social media month 2



News Title:

Healthy Lifestyles – Salt Newsletter 2

List Image

Right Click on the images opposite, save picture. Go to the Image location and drag into the list image box.

Content: (click add text and copy and paste below)

We are focusing on dietary salt and how it relates to health. Last month we talked about what salt is and why it is important. If you missed them, scroll back to last months post.

HOW TO CHECK THE SALT CONTENT OF FOODS?

You can check the labels to see how high in salt your commonly eaten foods are. See the picture below for what would be considered low, medium and high.

If you identify foods you eat that are high in salt can you swap them? See the picture below for some suggestions.

See last months post for the reasons why we should be trying to reduce the salt in our food, or chat to your dietitian.

There are more tips on [NHS healthier Families](#)

Post Image:

- Click add image

Right Click on the second image opposite, save picture. Go to the Image location on your drive and drag into the list image box on the digibete post page.

Attachments or further reading: (Additional Files or links)

- Download Newsletter – SALT newsletter 2 from the CYP Diabetes Network page, save it to a known location.
- Click Add File in digibete app webpage
- Drag and drop the file from the location you saved it

DON'T FORGET TO CHANGE THE PUBLISH DATE TO 1 month after your previous post

Post Image 1

TABLE SALT IS SODIUM CHLORIDE			
	Low	Medium	High
Salt	0g - 0.3g	0.31g - 1.5g	More than 1.5g
Sodium	0g - 0.1g	0.1g - 0.6g	More than 0.6g

List Image



Post Image 2

CAN YOU SWAP IT?

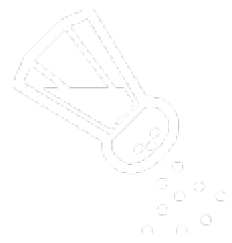
Swap bacon and sausage breakfast for porridge or weetabix

Swap ham and cheese on bread for chicken and salad, fruit and veg

Swap crisps for unsalted nuts or rice cakes & avocado / cottage cheese

Reduce high salt sauces including soy and Maggi's® use more spices and recipes

Digibete / social media month 3



News Title:

Healthy Lifestyles – Salt Newsletter 3

List Image

Right Click on the images opposite, save picture. Go to the Image location and drag into the list image box.

Content: (click add text and copy and paste below)

For the past 2 months we been focusing on dietary salt and how it relates to health. If you missed them scroll back to last month. If you have been following these posts check your salt knowledge with this [Quiz](#).

Salt (sodium) is used to season our food, preserve and keep food safe from spoiling. Salt is added to manufactured and processed foods.

We are not born liking salty foods, this is developed over time as we get older and get used to salt in food.

Sea salt or Rock salt or other salts - they are all salt

TIPS FOR DECREASING YOUR SALT INTAKE

- Add less salt, sauces, soy, Maggi's® seasoning when cooking
- Reduce processed meats
- Limit takeaways
- Use pepper, spices, lemon juice, garlic and tomatoes to add flavour to foods instead

The [NHS healthier Families website](#) has lots of more tips, swaps and recipe ideas.

Post Image:

- [Click add image](#)

Right Click on the second image opposite, save picture. Go to the Image location on your drive and drag into the list image box on the digibete post page.

Attachments or further reading: (Additional Files or links)

- Download Newsletter – SALT newsletter 2 from the CYP Diabetes Network page, save it to a known location.
- Click Add File in digibete app webpage
- Drag and drop the file from the location you saved it

DON'T FORGET TO CHANGE THE PUBLISH DATE TO 1 month after your previous post

List Image

Foods high in salt



Cheese



Bacon, sausages, peperoni. ham, salami



Packed soup, noodles, canned foods with salt



Crisps, pastries, nuts, popcorn,

Post Image 1

