Study on regulatory measures to reduce sodium in food

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Singapore is looking into possible regulatory measures to reduce sodium in food, as it steps up efforts to get the food industry and consumers on board.

Minister Ong Ye Kung said on Wednesday that Singapore has studied how other countries have cut sodium content.

Researchers at NCID included Chile, where products exceeding the stipulated sodium threshold must have a "higher in sodium" wording on it, and Finland, which requires sodium information on packaged food items that list the main contributors of sodium in the food.

They have studied specific regulations and methods that population sodium intake. We will share lessons from these examples, to contain who would be suitable implementation in local context," he said. Ong,

He was speaking at the launch of Project Salt, a multi-stakeholder initiative led by the National Centre for Infectious Diseases (NCID), which aims to reduce sodium levels in packaged food.

"The leadership must come from the Government to set goals and targets for salt reduction, and implement strategies which can be broadly directed to two aspects: public awareness and working with the food industry and food retailers." He pointed out that a reduction of salt per day can lower the risk of heart disease by 4 per cent and stroke by 3 per cent. For instance, the World Health Organization (WHO) has recently reduced the target for sodium in adults from 2.3 grams per day to 2.0 grams per day.

"In this area, we have a 40 per cent higher risk of heart disease and stroke due to high-sodium diets. With a 2.0 grams per day target, we can lower this risk to 40 per cent. "

Mr Ong said: "This is why we are working with the public and the food industry to reduce sodium levels in food. By working together, we can make a significant impact on reducing sodium intake and improving public health."