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### 08:01:13 salt intake follows the prosperity line

In a study of **Warwick Medical School in England Professor Francesco Cappuccio** has measured the salt distribution in the UK and found differences between poor and wealthier population. People in lower socio-economic classes accordingly to take more salt than other segments of the population. The level of training and craftsmanship constitute the criteria for membership of the low-income population, and are positively correlated with the consumption of salt. "These results are an important finding as to why kidney failure, heart attacks and high blood pressure are more to be found in the lower income groups," said Prof . Cappuccio to publish the work in the journal BMJ Open.

#### North-South divide and prosperity

The result of the study also shows that Scots absorb more salt than English and Welsh. Scots take around five percent more salt to be, people in the lower social classes around nine percent and four percent more artisan salt. But that does not mean that the wealthier people live healthy. The World Health Organization recommends about five grams of salt a day, in England the reception This compares to an average of ten grams How difficult the reduction at the national level is evident in the reduction policy in England. Between 2004 and 2011 the average salt intake is only decreased from 9.5 to 8.1 grams. Prof. Cappuccio recommends greater efforts for healthy food in poorer groups. Whose health is overestimated and the daily diet is still too salty, too fat and too energetic. It is mainly associated with cheap food.

#### Reading material:

Ji C, Kandala NB & Cappuccio FP. status Spatial variation of salt intake in Britain and association with socio-economic. BMJ Open 2012; 2: e002246

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