#HealthyChat

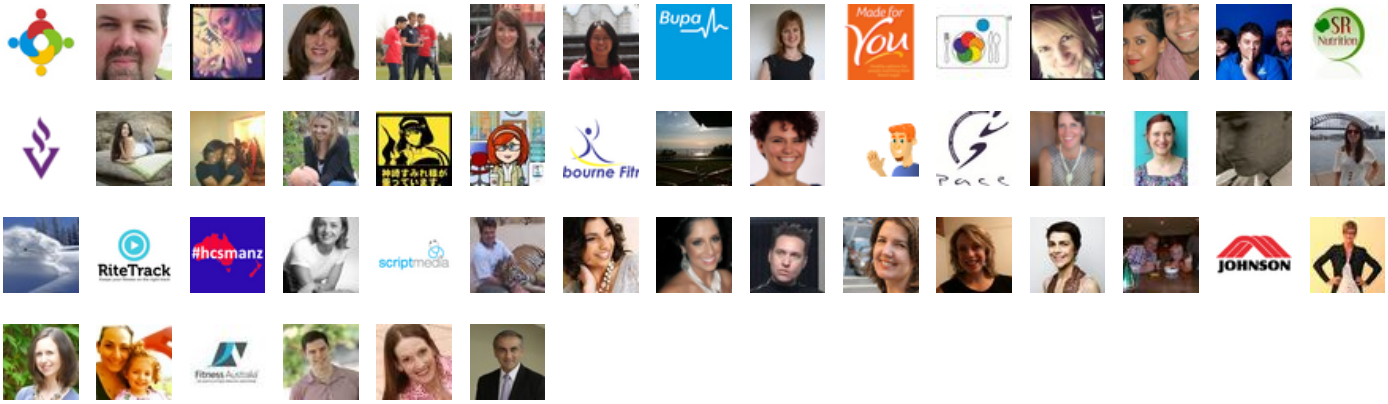
Bupa Healthy Chat 1 May - The Salt Shakedown

How much salt is too much? What are the effects of salt on your health? Professor Bruce Neal from the George Institute answers your questions.

Trending Words

#healthychat, salt, health, effects, we're, talking, :), join, u, hope, http://t.co/irf51boy, -, tonight,, 8pm., lou

Event Participants



@Justine_Davies_ I do too! nature has so many convenience foods that are cheaper and healthier. Banana, carrot, nuts anyone? #healthychat

01-May-12 22:38 | vimcore

@LouiseMiller25 You might be interested in this report from TweetCharts I ran on #healthychat http://t.co/BThEbFcU

01-May-12 11:40 | ej_butler

@BupaAustralia Sorry to miss #HealthyChat tonight, will read the transcript tonight :)

01-May-12 11:31 | healthypartygrl

@SR_Nutrition Thanks for the RT quinoa with fresh beetroot, salad veggies and fresh coriander is a great lunch #HealthyChat

01-May-12 11:31 | Dr_J_Lowinger

@EatDrinkPerform Thanks for the RT quinoa with fresh beetroot, salad veggies and fresh coriander is a great lunch #HealthyChat

01-May-12 11:30 | Dr_J_Lowinger

@BupaAustralia sorry was unable to actively participate in #healthychat but was lurking ;)

01-May-12 11:14 | ej_butler

RT @Dr_J_Lowinger: quinoa with fresh beetroot, salad veggies and fresh coriander is a great lunch #HealthyChat

01-May-12 11:10 | EatDrinkPerform

RT @BupaAustralia: Next week we're talking about cold and flu vaccinations to get you prepared for winter! #HealthyChat

01-May-12 11:05 | LucyRichens

RT @BupaAustralia: Next week we're talking about cold and flu vaccinations to get you prepared for winter! #HealthyChat

01-May-12 11:04 | jhyngai

@georgeinstitute thx Bruce - very interesting discussion! #healthychat

01-May-12 11:03 | jhyngai

@Justine_Davies_ Thanks Justine :) Glad you could join us! - Lou #HealthyChat

01-May-12 11:03 | BupaAustralia

RT @georgeinstitute: @jhyngai Setting targets for foods and pushing industry to meet them. And commuity education #HealthyChat

01-May-12 11:02 | LucyRichens

@MadeForYouFoods Yes same time same place :) Look forward to chatting again then! - Lou #HealthyChat

01-May-12 11:01 | BupaAustralia

@BupaAustralia Good initiative, BUPA #HealthyChat

01-May-12 11:01 | Justine_Davies_

+ve gov't action to drop salt MT @georgeinstitute: Set targets for foods & push industry to meet them. And commuity education #HealthyChat

01-May-12 11:01 | jhyngai

Cant wait to have our #moneymum on the air tmrw
RT @Justine_Davies_ Personally I like pre-packaged snacks - like a banana :) #HealthyChat

01-May-12 10:59 | familyshow

@georgeinstitute Thanks so much Bruce - it was a great chat! #HealthyChat

01-May-12 10:59 | Dr_J_Lowinger

@BupaAustralia @georgeinstitute thanks so much for tonight's chat - really informative :) #HealthyChat

01-May-12 10:58 | LucyRichens

And of course to our #salt expert Professor Bruce Neal from the @GeorgeInstitute for all his tips & wisdom #HealthyChat

01-May-12 10:58 | BupaAustralia

RT @MadeForYouFoods: #HealthyChat : pop your own popcorn and don't add the salt or butter. Also, use salt reduced options wherever possible

01-May-12 10:57 | SR_Nutrition

#HealthyChat tinned fruit and veggies with no salt added! Cheap, easy an healthy :-)

01-May-12 10:57 | SR_Nutrition

Great choice! @Justine_Davies_: Personally I like pre-packaged snacks - like a banana :) #HealthyChat

01-May-12 10:57 | MadeForYouFoods

parsnip in soup adds tons of flavour #HealthyChat

01-May-12 10:57 | Dr_J_Lowinger

me too!! “@Justine_Davies_: Personally I like pre-packaged snacks - like a banana :) #HealthyChat”

01-May-12 10:57 | LucyRichens

Well its 9pm so that's a wrap for our Healthy Chat for tonight tweeps! Big thanks to everyone for taking part #HealthyChat

01-May-12 10:57 | BupaAustralia

@jhyngai Setting targets for foods and pushing industry to meet them. And commuity education #HealthyChat

01-May-12 10:57 | georgeinstitute

#HealthyChat : pop your own popcorn and don't add the salt or butter. Also, use salt reduced options wherever possible

01-May-12 10:56 | MadeForYouFoods

@georgeinstitute unsalted nuts would go really well as well #HealthyChat

01-May-12 10:56 | Dr_J_Lowinger

Personally I like pre-packaged snacks - like a banana :) #HealthyChat

01-May-12 10:56 | Justine_Davies_

RT @Dr_J_Lowinger: quinoa with fresh beetroot, salad veggies and fresh coriander is a great lunch #HealthyChat

01-May-12 10:56 | SR_Nutrition

@LucyRichens @georgeinstitute in uk Lo-salt but best to avoid all in my opinion #HealthyChat

01-May-12 10:53 | SR_Nutrition

yes!!“@georgeinstitute: @Dr_J_Lowinger No. If you are committed you can do it. But we have to have help from gov and industy #HealthyChat”

01-May-12 10:52 | SR_Nutrition

underlying problem not dealt with “@georgeinstitute: There are some reduced sodium salt substitutes that are a better option #HealthyChat”

01-May-12 10:52 | SR_Nutrition

We still have a few mins left of our chat - does any1 have any healthy meal or snack suggestions 2share, which are low in salt? #HealthyChat

01-May-12 10:52 | BupaAustralia

@Dr_J_Lowinger @georgeinstitute it is possible if we get support from government and industry! Otherwise...loosing battle #HealthyChat

01-May-12 10:52 | SR_Nutrition

@LucyRichens Some table salts (hate the name!) and cooking salts have the advantage of added iodine. #HealthyChat

01-May-12 10:52 | Eatwiser

@LucyRichens UK currently has a pretty active program and Finland and Japan have in the past #HealthyChat

01-May-12 10:52 | georgeinstitute

@georgeinstitute are there any countries leading the way in terms of government/industry reducing salt? #HealthyChat

01-May-12 10:51 | LucyRichens

@LucyRichens They are reduced sodium, added potassium salt mixes #HealthyChat

01-May-12 10:50 | georgeinstitute

afraid not. No evidence. “@LucyRichens: @georgeinstitute So sea salt or rock salt is no better for you than table salt? #HealthyChat”

01-May-12 10:50 | SR_Nutrition

thanks to
@georgeinstitute and @BupaAustralia for a great #HealthyChat today :)

01-May-12 10:50 | YantraMatAu

@Dr_J_Lowinger not really as still developing the preference for the taste! The cold turkey way best for individuals I find #HealthyChat

01-May-12 10:50 | SR_Nutrition

@Dr_J_Lowinger The foodswitch app will direct you to healthier alternates #HealthyChat

01-May-12 10:50 | georgeinstitute

RT @georgeinstitute: @Dr_J_Lowinger Its pretty much impossible. We have to have a food supply universally lower in salt #HealthyChat

01-May-12 10:49 | SR_Nutrition

@georgeinstitute what tools can help us to be more committed and track our salt and choose healthier options? #HealthyChat

01-May-12 10:49 | Dr_J_Lowinger

@georgeinstitute so we are sneding a public health message that may not be possible right now #HealthyChat

01-May-12 10:47 | Dr_J_Lowinger

There are some reduced sodium salt substitutes that are a better option #HealthyChat

01-May-12 10:46 | georgeinstitute

@georgeinstitute So sea salt or rock salt is no better for you than table salt? #HealthyChat

01-May-12 10:46 | LucyRichens

Do you recommend salt substitutes? #HealthyChat

01-May-12 10:46 | Dr_J_Lowinger

Or have a little less cheese?"@georgeinstitute: @JemmaOHanlon I guess you just need to find a low salt cheese to make it with #HealthyChat"

01-May-12 10:46 | SR_Nutrition

Yes! @SR_Nutrition I think people are aware! It's too hard to change behaviours so need work from food industry and government #HealthyChat

01-May-12 10:46 | MadeForYouFoods

@Dr_J_Lowinger Its pretty much impossible. We have to have a food supply universally lower in salt #HealthyChat

01-May-12 10:46 | georgeinstitute

RT @georgeinstitute: @Dr_J_Lowinger Yes, salt reduction would likely bring about weight reduction too #HealthyChat

01-May-12 10:45 | SR_Nutrition

also true! "@Eatwiser: @Dr_J_Lowinger It certainly makes food more palatable! #HealthyChat"

01-May-12 10:45 | SR_Nutrition

@SR_Nutrition Its certainly not a technical need. #HealthyChat

01-May-12 10:45 | georgeinstitute

@Dr_J_Lowinger @georgeinstitute sure do! Soft and fizzy drinks have very high link to obesity Esp in children #HealthyChat

01-May-12 10:45 | SR_Nutrition

@georgeinstitute wow!! Really makes you realize just how little you should be having! #HealthyChat

01-May-12 10:45 | LucyRichens

How would even the most committed know they had only eaten a gram? how do you track this? #HealthyChat

01-May-12 10:45 | Dr_J_Lowinger

@BupaAustralia It's the sodium in salt that is bad for you and almost all salts have the same levels of sodium #HealthyChat

01-May-12 10:44 | georgeinstitute

@georgeinstitute so true! Take breakfast cereals for example....huge variation = is there such a need? #HealthyChat

01-May-12 10:44 | SR_Nutrition

@MadeForYouFoods I think people are aware! It's too hard to change behaviours so need work from food industry and government #HealthyChat

01-May-12 10:43 | SR_Nutrition

@JemmaOHanlon The soft cheeses are typically much lower in salt. But you have to read the label. #HealthyChat

01-May-12 10:42 | georgeinstitute

RT @georgeinstitute ultimately yes, it increases thirst&this can make us hungry as we get some fluid from foods #HealthyChat

01-May-12 10:42 | ItsMe_HaleyD

@JemmaOHanlon @georgeinstitute We encourage healthy salt swaps- for example, use salt reduced cheese or eat a smaller portion! #HealthyChat

01-May-12 10:42 | MadeForYouFoods

@BupaAustralia A5. Even recipes for cakes, desserts etc have salt. #HealthyChat

01-May-12 10:42 | Eatwiser

YES!!“@georgeinstitute: @SR_Nutrition Yes, 5% out all foods this year, 5% out next year.... undetectable and enormous benefits #HealthyChat”

01-May-12 10:41 | SR_Nutrition

@Dr_J_Lowinger You need perhaps a gram a day. Everything over that is just doing you harm #HealthyChat

01-May-12 10:41 | georgeinstitute

@SR_Nutrition @BupaAustralia We know that even shellfish, naturally has high salt, so be sure not to add any extra! #HealthyChat

01-May-12 10:41 | YantraMatAu

@georgeinstitute what would your suggestions be for a low salt cheese? #healthychat

01-May-12 10:41 | JemmaOHanlon

good question! “@Dr_J_Lowinger: So is there any benefit to eating salt as part of a normal diet? #HealthyChat”

01-May-12 10:41 | LucyRichens

RT @georgeinstitute: @Dr_J_Lowinger Yes, salt reduction would likely bring about weight reduction too #HealthyChat

01-May-12 10:40 | Dr_J_Lowinger

So is there any benefit to eating salt as part of a normal diet? #HealthyChat

01-May-12 10:40 | Dr_J_Lowinger

@JemmaOHanlon I guess you just need to find a low salt cheese to make it with #HealthyChat

01-May-12 10:40 | georgeinstitute

RT @MadeForYouFoods: #HealthyChat Salt intake is also an important factor for those watching their blood sugars as hypertension is a common issue!

01-May-12 10:40 | SR_Nutrition

big problem“@georgeinstitute: Most salt you eat is hidden salt. In processed and fast foods.u don't even know u are eating it #HealthyChat”

01-May-12 10:40 | SR_Nutrition

Apparently similar products often have hugely different levels of salt #HealthyChat

01-May-12 10:38 | georgeinstitute

@BupaAustralia I'm still always shocked at how much is in bread and many sweet foods contain a lot! #HealthyChat

01-May-12 10:38 | SR_Nutrition

@BupaAustralia q5. Different brands of tinned vegetables can be vary greatly in salt content #healthychat

01-May-12 10:38 | jhyngai

@Dr_J_Lowinger Just drink more i think. We all know about salty nuts on the bar #HealthyChat

01-May-12 10:37 | georgeinstitute

RT @gdrosser: Gr8 discussion at #HealthyChat about the health effects of salt in our foods

01-May-12 10:37 | SR_Nutrition

@JemmaOHanlon no added salt I hope ;-) #HealthyChat

01-May-12 10:37 | SR_Nutrition

@SR_Nutrition Yes, 5% out all foods this year, 5% out next year.... undetectable and enormous benefits #HealthyChat

01-May-12 10:36 | georgeinstitute

me too!!! Dont tell anyone tho ;-) #greatflavour “@BupaAustralia: @SR_Nutrition I'm too much of a wuss for chilli ;) - Lou #HealthyChat”

01-May-12 10:36 | SR_Nutrition

RT @georgeinstitute: @JemmaOHanlon Added salt is only 10 to 15% of all the salt you eat #HealthyChat

01-May-12 10:36 | MadeForYouFoods

@LucyRichens @dr_j_lowinger very true!a lower reduction, over time, would be best.People wouldn't notice&health improve #HealthyChat

01-May-12 10:35 | SR_Nutrition

@georgeinstitute re obesity: Does salt encourage us to eat more? #HealthyChat

01-May-12 10:35 | Dr_J_Lowinger

@JemmaOHanlon Added salt is only 10 to 15% of all the salt you eat #HealthyChat

01-May-12 10:35 | georgeinstitute

#HealthyChat Salt intake is also an important factor for those watching their blood sugars as hypertension is a common issue!

01-May-12 10:35 | MadeForYouFoods

Most salt you eat is hidden salt. In processed and fast foods. you don't even know your are eating it #HealthyChat

01-May-12 10:34 | georgeinstitute

RT @georgeinstitute: Salt also increases risk of stomach cancer #HealthyChat

01-May-12 10:34 | kanzaki_sumire

Q5. What foods have you come across which you hadn't realised contained salt? #HealthyChat

01-May-12 10:32 | BupaAustralia

@Dr_J_Lowinger yes, mainly! Also clever as encourages people to drink more of what is on he shelves....sodas! Marketing #HealthyChat

01-May-12 10:32 | SR_Nutrition

RT @georgeinstitute: If you take salt out of food it will taste less salty. Not tasteless, just less salty #HealthyChat

01-May-12 10:32 | gdrosser

RT @georgeinstitute: Salt also increases risk of stomach cancer #HealthyChat

01-May-12 10:32 | gdrosser

RT @georgeinstitute: Salt greatly increases risks of heart attack, stroke and kidney disease #HealthyChat

01-May-12 10:32 | gdrosser

@LucyRichens @georgeinstitute Current food labels list sodium #HealthyChat

01-May-12 10:31 | Dr_J_Lowinger

agree“@georgeinstitute: @LucyRichens We need clear labels so people can see whats in foods.And we need less salt in everything #HealthyChat”

01-May-12 10:31 | SR_Nutrition

If you do get to target you will greatly improve your likelihood of a healthy middle age #HealthyChat

01-May-12 10:31 | georgeinstitute

Gr8 discussion at #HealthyChat about the health effects of salt in our foods

01-May-12 10:31 | gdrosser

@JemmaOHanlon Hello! Great to have you back. Hope it was low salt?! ;) #HealthyChat

01-May-12 10:31 | BupaAustralia

@georgeinstitute of course, not much but some food e.g fish often preserved in brine! #stillused #HealthyChat

01-May-12 10:31 | SR_Nutrition

@SR_Nutrition Australia recommends less than 4g #HealthyChat

01-May-12 10:31 | LucyRichens

Sorry I'm late, just finished cooking dinner #healthychat

01-May-12 10:30 | JemmaOHanlon

@LucyRichens Yes, its tough - community perception is less salt=less taste. Actually its less salt = less death #HealthyChat

01-May-12 10:30 | georgeinstitute

@LucyRichens @georgeinstitute I think a gradual reduction over time and replacement with other flavours. There is no need. #HealthyChat

01-May-12 10:30 | SR_Nutrition

“@MadeForYouFoods: @BupaAustralia A1. Research shows that going turkey off salt is the more preferred method of salt reduction #HealthyChat”

01-May-12 10:28 | SR_Nutrition

certainly! “@Dr_J_Lowinger: Q4: obviously too much #HealthyChat”

01-May-12 10:28 | SR_Nutrition

@Dr_J_Lowinger People understand salt - sodiums for techies and geeks #HealthyChat

01-May-12 10:28 | georgeinstitute

@SR_Nutrition Days? wow! #HealthyChat

01-May-12 10:28 | Eatwiser

@BupaAustralia UK recommends 6g max amount #HealthyChat what us Auz?

01-May-12 10:28 | SR_Nutrition

With salt hidden in just about every food you have to be really committed to achieve the target #HealthyChat

01-May-12 10:27 | georgeinstitute

so true! Chilli is a great one and one people love! “@LucyRichens: Citrus juices and chilli are also good for adding flavour #HealthyChat”

01-May-12 10:27 | SR_Nutrition

@georgeinstitute @LucyRichens should labels have salt or sodium? #HealthyChat

01-May-12 10:27 | Dr_J_Lowinger

@Eatwiser @jhyngai I heard it was much less than that at a c4l conference! They said it was a matter of days #tastetest #HealthyChat

01-May-12 10:26 | SR_Nutrition

@georgeinstitute @SR_Nutrition so it's just because of the taste that industry uses it so much? #HealthyChat

01-May-12 10:26 | Dr_J_Lowinger

@LucyRichens We need clear labels so people can see whats in foods. And we need less salt in everything #HealthyChat

01-May-12 10:26 | georgeinstitute

RT @YantraMatAu: @BupaAustralia We've heard that Basil or sage are particularly good salt replacement #HealthyChat

01-May-12 10:26 | SR_Nutrition

@Stefi_War @georgeinstitute particularly when food in restaurants is often quite salty to start with! #HealthyChat

01-May-12 10:25 | jhyngai

@SR_Nutrition Salt isnt used much as a preservative now. We have fridges and much better preservatives #HealthyChat

01-May-12 10:25 | georgeinstitute

not even 1month needed! “@Stefi_War: @adamjonhough It's because you are used to it! Cut it out of your diet for 1 month #HealthyChat”

01-May-12 10:25 | SR_Nutrition

flavour and preservation of food! Once you get a taste for it u want more!“@Dr_J_Lowinger: Q2 - why is salt added everywhere? #HealthyChat”

01-May-12 10:24 | SR_Nutrition

Q4: obviously too much #HealthyChat

01-May-12 10:24 | Dr_J_Lowinger

RT @georgeinstitute: If you take salt out of food it will taste less salty. Not tasteless, just less salty #HealthyChat

01-May-12 10:24 | HumResSources

Q4. How much salt do you think you have on an average day? #HealthyChat

01-May-12 10:23 | BupaAustralia

exactly the way :)“@Stefi_War: Q2. I never add any additional salt and always try to cook fresh or buy fresh unprocessed foods #HealthyChat”

01-May-12 10:23 | SR_Nutrition

@balousti You have to add #healthychat to your tweet for it to show :)

01-May-12 10:23 | BupaAustralia

@ItsMe_HaleyD @georgeinstitute Try adding flavorings like chilli, lime, herbs or pepper! #HealthyChat

01-May-12 10:23 | MadeForYouFoods

@georgeinstitute it is if you eat a lot of pre-packaged food. Not so hard if you eat more fresh and homemade #HealthyChat

01-May-12 10:22 | SR_Nutrition

Citrus juices and chilli are also good for adding flavour #HealthyChat

01-May-12 10:22 | LucyRichens

@YantraMatAu I like fresh coriander #HealthyChat

01-May-12 10:22 | Dr_J_Lowinger

You get used to lower salt foods quickly. And then taste all the other flavours hidden by the salt #HealthyChat

01-May-12 10:22 | georgeinstitute

I cringe when people salt foodRT @georgeinstitute: @jhyngai Yes, it takes jsut a few weeks. Then everything tastes too salty!! #HealthyChat

01-May-12 10:22 | Stefi_War

@jhyngai Yes, it takes your taste buds about 6 weeks to adjust to reduced salt. #HealthyChat

01-May-12 10:22 | Eatwiser

@BupaAustralia We've heard that Basil or sage are particularly good salt replacement #HealthyChat

01-May-12 10:22 | YantraMatAu

RT @georgeinstitute: @jhyngai Most australians probabyl eat 8 to 10 grams. the target is 4g. #HealthyChat

01-May-12 10:21 | HumResSources

@BupaAustralia always!!!! By training those tastebuds! It is so easy to do and takes a few days only #HealthyChat

01-May-12 10:20 | SR_Nutrition

@BupaAustralia A3. Lots of fresh or dried herbs and spices. #HealthyChat

01-May-12 10:20 | Eatwiser

RT @georgeinstitute: Download the foodswitch app for iphone or android. Gives easy-to-read info on all processed foods #HealthyChat

01-May-12 10:20 | Dr_J_Lowinger

Got it! RT @georgeinstitute: Download the foodswitch app for iphone or android. Gives easy-to-read info on all processed foods #HealthyChat

01-May-12 10:20 | Stefi_War

@georgeinstitute do your tastebuds adjust to less salt over time? #HealthyChat

01-May-12 10:20 | jhyngai

@adamjonhough It's because you are used to it! Cut it out of your diet for 1 month then try it again...YUK! #HealthyChat

01-May-12 10:20 | Stefi_War

@adamjonhough we evolved in an environment where salt was scarce. its an evolutionary thing #HealthyChat

01-May-12 10:19 | georgeinstitute

RT @georgeinstitute: Salt also increases risk of stomach cancer #HealthyChat

01-May-12 10:19 | HumResSources

RT @Stefi_War: Not good RT @georgeinstitute: Salt greatly increases risks of heart attack, stroke and kidney disease #HealthyChat

01-May-12 10:19 | HumResSources

Gr8 discussion at #HealthyChat about the health effects of salt in our foods

01-May-12 10:19 | HumResSources

Q3. Do you substitute salt with anything? #HealthyChat

01-May-12 10:19 | BupaAustralia

Download the foodswitch app for iphone or android. Gives easy-to-read info on all processed foods #HealthyChat

01-May-12 10:19 | georgeinstitute

why does salt taste so good? #HealthyChat

01-May-12 10:18 | adamjonhough

@Dr_J_Lowinger Not entirely. Just recognise that you don't actually need the salt. #HealthyChat

01-May-12 10:18 | georgeinstitute

@georgeinstitute Awww but I LOVE cheese! Boo hoo :(#HealthyChat

01-May-12 10:18 | Stefi_War

salty water??? #HealthyChat

01-May-12 10:16 | adamjonhough

We try to pick low salt products but it's not always marked so! And it's high in surprising foods like cereal #HealthyChat

01-May-12 10:16 | jhyngai

@LucyRichens Anohter great approach but tough when we have such poor labelling in Australia #HealthyChat

01-May-12 10:16 | georgeinstitute

One of the hard things with managing your intake is foods you might not expect like breads and cereals can be high in salt #HealthyChat

01-May-12 10:16 | LucyRichens

@georgeinstitute my personal trainer sometimes adds a pinch of salt to his water because he sweats during training, is this ok? #HealthyChat

01-May-12 10:15 | Stefi_War

@ItsMe_HaleyD Salt is made up of Sodium chloride. However, sodium exists in other foods aswell. #HealthyChat

01-May-12 10:15 | MadeForYouFoods

@Stefi_War Great approach but hard to do when you are time pressed #HealthyChat

01-May-12 10:15 | georgeinstitute

@BupaAustralia A2. We don't add salt to food at the table and avoid or limit salty foods. #HealthyChat

01-May-12 10:15 | Eatwiser

Q2 - why is salt added everywhere? #HealthyChat

01-May-12 10:15 | Dr_J_Lowinger

I make kids aware they dont need salt on their food and use kids wheetbix which is reduced #HealthyChat

01-May-12 10:15 | adamjonhough

I try to limit my salt intake my choosing Foods labelled low salt #HealthyChat

01-May-12 10:15 | LucyRichens

Q2. I never add any additional salt and always try to cook fresh or buy fresh unprocessed foods #HealthyChat

01-May-12 10:14 | Stefi_War

@ItsMe_HaleyD Herbs and spies are a great alternate to salt #HealthyChat

01-May-12 10:14 | georgeinstitute

Its hard to reduce salt intake because salt is added by industry to almost everything #HealthyChat

01-May-12 10:14 | georgeinstitute

@georgeinstitute We'll have to tell our #yantramat blogger Sarah to stay off the junkfood and thus salt! Thank you very much! #HealthyChat

01-May-12 10:14 | YantraMatAu

@georgeinstitute @stefi_war: Salt affects sodium levels which in turn impacts on blood volume and this blood pressure #HealthyChat

01-May-12 10:12 | MadeForYouFoods

@georgeinstitute a recent at deakin said kids with high bp (linked 2 salt) were likely to have high bp later in life #HealthyChat

01-May-12 10:12 | LucyRichens

@jhyngai Most australians probabyl eat 8 to 10 grams. the target is 4g. #HealthyChat

01-May-12 10:12 | georgeinstitute

#HealthyChat How much sodium do Australians normally eat in a day? Is it close to the 2300mg limit?

01-May-12 10:11 | jhyngai

@BupaAustralia: Thanks, Always love #HealthyChat! We only produce meals with healthy levels of salt.

01-May-12 10:11 | MadeForYouFoods

@YantraMatAu More the other way round I think. More stress equals worse diet equals more salt #HealthyChat

01-May-12 10:11 | georgeinstitute

@BupaAustralia Great start! Excess salt has major implications on arteries & BP; arteriosclerosis and increase in BP #HealthyChat

01-May-12 10:11 | PaceHM

@georgeinstitute @LucyRichens so if you drink enough water would that balance out the salt? #HealthyChat

01-May-12 10:11 | Dr_J_Lowinger

Salt intake is important to watch for kids too as they recommended daily allowance is less #HealthyChat

01-May-12 10:10 | LucyRichens

Salt starts causing problems from childhood but the effects mostly don't show until older age #HealthyChat

01-May-12 10:10 | georgeinstitute

@MadeForYouFoods What's the difference between salt and sodium? #HealthyChat

01-May-12 10:10 | ItsMe_HaleyD

@LucyRichens Yes, you eat salt, your blood gets concentrated and you have to drink water to rebalance #HealthyChat

01-May-12 10:10 | georgeinstitute

@Eatwiser Hi Jo, welcome to Healthy Chat! Glad you made it after all! #HealthyChat

01-May-12 10:10 | BupaAustralia

@georgeinstitute Is there scientific evidence to show that increased salt intake and other unhealthy diet choices cause stress? #HealthyChat

01-May-12 10:09 | YantraMatAu

@Dr_J_Lowinger Ha! Again, I don't think we know that exactly. But the associations are very strong #HealthyChat

01-May-12 10:09 | georgeinstitute

@LucyRichens @georgeinstitute ...and how does it cause stomach cancer? #HealthyChat

01-May-12 10:07 | Dr_J_Lowinger

Nasty...that's enough to put me off RT @georgeinstitute: Salt also increases risk of stomach cancer #HealthyChat

01-May-12 10:07 | Stefi_War

@EliteTweets2 @ehurt01 @stefi_war @yantramatau @itsMe_HaleyD Welcome guys! Thanks for joining us tonight :) #HealthyChat

01-May-12 10:07 | BupaAustralia

@georgeinstitute how much salt is too much per/day? #healthyChat #HealthyChat

01-May-12 10:06 | ItsMe_HaleyD

Hi everyone. We are Made for You foods. We provide healthy convenient meals for those watching their blood sugars #HealthyChat

01-May-12 10:06 | MadeForYouFoods

Q1. Does salt dry out your skin? Can too much salt make you look older? #HealthyChat

01-May-12 10:06 | Stefi_War

So far I'm learning a lot this morning on #healthyChat #HealthyChat

01-May-12 10:05 | ItsMe_HaleyD

@georgeinstitute how does salt raise blood pressure? #HealthyChat

01-May-12 10:05 | LucyRichens

Salt also increases risk of stomach cancer #HealthyChat

01-May-12 10:05 | georgeinstitute

@BupaAustralia Hi sorry we're a few minutes late! #HealthyChat

01-May-12 10:05 | YantraMatAu

Hi my name is Stef and I am looking forward to tonights healthy chat :) #HealthyChat

01-May-12 10:05 | Stefi_War

Hi Lou and all, Edith here from Cure Cancer Aust #HealthyChat

01-May-12 10:05 | ehurt01

Yes, the more salt you eat the higher it will go #HealthyChat

01-May-12 10:04 | georgeinstitute

Hi. I'm Louise, an RD from the UK. Looking forward to following/contributing #HealthyChat

01-May-12 10:04 | EliteTweets2

Not good RT @georgeinstitute: Salt greatly increases risks of heart attack, stroke and kidney disease #HealthyChat

01-May-12 10:04 | Stefi_War

The main problem is that salt pushes up blood pressure throughout life #HealthyChat

01-May-12 10:02 | georgeinstitute

Let's get started :) Q1. What effect do you think salt has on your health? #HealthyChat

01-May-12 10:01 | BupaAustralia

Info provided by Bupa experts should be used as a guide only and is not a substitute for professional medical advice #HealthyChat

01-May-12 10:00 | BupaAustralia

RT @georgeinstitute: Hi All, Im Bruce and Im looking forward to the chat. Im guessing theres plenty of views out there #HealthyChat

01-May-12 10:00 | Dr_J_Lowinger

A bit of housekeeping we need to cover before we begin - re-tweeting or following you does not imply endorsement of any kind #HealthyChat

01-May-12 10:00 | BupaAustralia

Hi Lou, Jocelyn here. Looking forward to "the salt shakedown" ;-) #HealthyChat

01-May-12 09:59 | Dr_J_Lowinger

Hi All, I'm Bruce and I'm looking forward to the chat. I'm guessing there's plenty of views out there #HealthyChat

01-May-12 09:59 | georgeinstitute

We're going to speak with Professor Bruce Neal from the @GeorgeInstitute who will give us the salt shakedown & answer your q's #HealthyChat

01-May-12 09:59 | BupaAustralia

Welcome everyone! Looking forward to tonight's chat. I'm Lou and I'll be moderating tonight's chat #HealthyChat

01-May-12 09:58 | BupaAustralia

@LouiseMiller25 @Dr_J_Lowinger Really looking forward to tonights chat:) #HealthyChat

01-May-12 09:55 | LucyRichens

@ScriptMedia_AUS Food labels are probably pretty accurate but they are hard for most to understand. #HealthyChat

01-May-12 09:55 | georgeinstitute

#HealthyChat starting in 5 minutes! #salt - http://t.co/gl5ssDid

01-May-12 09:55 | BupaAustralia

RT @BupaAustralia: #HealthyChat starting in 15 minutes! #salt - http://t.co/EeOiadD8

01-May-12 09:51 | MadeForYouFoods

@ej_butler Hi Ed! Not yet - been something I've been meaning to get onto :) Thanks for the heads-up - Lou #HealthyChat

01-May-12 09:49 | LouiseMiller25

I'm jpoining this chat - all welcome. #HealthyChat starting in 15 minutes! #salt - http://t.co/TP89Bbh3

01-May-12 09:48 | Dr_J_Lowinger

@hcsmanz “@BupaAustralia: #HealthyChat starting in 1 hour! #salt - http://t.co/U4resp0A”

01-May-12 09:03 | LucyRichens

#HealthyChat starting in 1 hour! #salt - http://t.co/PFHkExH3

01-May-12 09:00 | BupaAustralia

RT @ritetrackfit: Why it's so important to cut down on salt http://t.co/wqykDoOI Great pre-read if joining the @BupaAustralia #HealthyChat

01-May-12 08:58 | BupaAustralia

Why it's so important to cut down on salt http://t.co/NvPauXQp Great pre-read if you're joining the @BupaAustralia #HealthyChat

01-May-12 08:50 | ritetrackfit

Chat tonight about salt and how it effects health in #HealthyChat 8pm AEST Hope u can join :) - Lou http://t.co/5JyuFpuX Via @BupaAustralia

01-May-12 08:41 | HumResSources

Chat tonight about salt and how it effects health in #HealthyChat 8pm AEST Hope u can join :) - Lou http://t.co/plmXuMLr Via @BupaAustralia

01-May-12 08:40 | gdrosser

RT @BupaAustralia: @hcsmanz We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 08:32 | hcsmanz

RT @BupaAustralia: Find out some great substitutes for salt from the @GeorgeInstitute in #HealthyChat tonight at 8pm AEST - http://t.co/JA1wgs5e

01-May-12 08:10 | ritetrackfit

I'm monitoring #HealthyChat for @BupaAustralia - feel free2drop in! We're talking about salt and its effects on health http://t.co/TwJtE6K8

01-May-12 08:10 | LouiseMiller25

@BupaAustralia Lou, thanks for the offer to participate in this evening's #HealthyChat - will try my best to make it.

01-May-12 08:07 | Eatwiser

@ScriptMedia_AUS Not yet - but a great suggestion for a future chat :) Are you joining us at 8pm AEST for tonight's chat? - Lou #HealthyChat

01-May-12 08:01 | BupaAustralia

RT @BupaAustralia: @TheFoodCoachRD We're talking about salt and how it effects health in #HealthyChat your 11am today. Hope u can join :) http://t.co/iRf51BoY

01-May-12 07:59 | TheFoodCoachRD

Have we discussed #Foodlabelling as a topic on #Healthychat?

01-May-12 07:57 | ScriptMedia_AUS

Even though food packaging includes ingredient values, do we really now what we are reading? #foodswitch #healthychat

01-May-12 07:55 | ScriptMedia_AUS

RT @fitnessorgau: Talking about salt and how it effects health in #HealthyChat tonight, 8pm. @BupaAustralia http://t.co/0C2YX9uX

01-May-12 07:55 | _AndrewMcCallum

RT @georgeinstitute: Join tonight's LIVE chat with Prof Bruce Neal (8pm AEST) answering your Q's on salt. Use #HealthyChat or http://t.co/6EMp6WDG @BupaAustralia

01-May-12 07:19 | rebeccaivers

RT @BupaAustralia: @gdrosser We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 07:12 | kanzaki_sumire

@HealthAgeingAU We're talking salt & how it effects health in #HealthyChat tonight 8pm if you fancy dropping in :)-Lou http://t.co/NTmMvheH

01-May-12 07:06 | BupaAustralia

@ResearchMenzies We're talking salt & how it effects health in #HealthyChat tonight 8pm if you fancy dropping in :) http://t.co/NTmMvheH

01-May-12 07:05 | BupaAustralia

RT @BupaAustralia: Tonight's #HealthyChat is all about Salt! Chat with the experts: The @GeorgeInstitute #HealthyChat tonight at 8pm - http://t.co/8WWTDOfz

01-May-12 07:02 | Dr_J_Lowinger

@DrPieterPeach We're talking about salt & how it effects health in #HealthyChat tonight 8pm if you fancy dropping in http://t.co/NTmMvheH

01-May-12 07:02 | BupaAustralia

@drmarcustan We're talking about salt & how it effects health in #HealthyChat tonight 8pm if you fancy dropping in :) http://t.co/NTmMvheH

01-May-12 07:01 | BupaAustralia

RT @BupaAustralia: @gdrosser We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 07:00 | gdrosser

RT @BupaAustralia: @SR_Nutrition We're talking about salt and how it effects health in #HealthyChat your 11am today. Hope u can join :) http://t.co/iRf51BoY

01-May-12 06:45 | SR_Nutrition

RT @BupaAustralia: Tonight's #HealthyChat is all about Salt! Chat with the experts: The @GeorgeInstitute #HealthyChat tonight at 8pm - http://t.co/8WWTDOfz

01-May-12 06:40 | roselevien

@BupaAustralia Would love to join #HealthyChat on salt and it's impact on health but I am out tonight. May drop in at end.

01-May-12 06:34 | ahealthyweight

@doctorblogs We're talking about salt & how it effects health in #HealthyChat today, your 11am. Hope u can join :) -Lou http://t.co/iRf51BoY

01-May-12 06:31 | BupaAustralia

@BupaAustralia Thanks Lou, I'll pop on after training. Look forward to it!! #HealthyChat

01-May-12 06:31 | sambuck42

@lewismal We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 06:30 | BupaAustralia

@ej_butler We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 06:30 | BupaAustralia

RT @BupaAustralia: @jhtaust We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 06:28 | jhtaust

@nhmrc We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 06:28 | BupaAustralia

@Fit_Mum We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 06:24 | BupaAustralia

@lizbuchanan We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 06:24 | BupaAustralia

@VanessaLougoon We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :)-Lou http://t.co/iRf51BoY

01-May-12 06:23 | BupaAustralia

@danikacarty We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 06:23 | BupaAustralia

@AdWipe We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 06:23 | BupaAustralia

RT @BupaAustralia: @laurettastace We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) -Lou http://t.co/iRf51BoY

01-May-12 06:23 | laurettastace

@modernpaleolife We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) http://t.co/iRf51BoY

01-May-12 06:23 | BupaAustralia

@_Brookfarm_ We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 06:23 | BupaAustralia

@ally_cat79au We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 06:22 | BupaAustralia

@gabbymcmillan See you're a chicken salt addict! We're talking all about salt and how it effects health in #HealthyChat tonight, 8pm :) -Lou

01-May-12 06:22 | BupaAustralia

@FrancesGilham We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) -Lou http://t.co/iRf51BoY

01-May-12 06:21 | BupaAustralia

@lovethykitchen We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :)-Lou http://t.co/iRf51BoY

01-May-12 06:21 | BupaAustralia

@Eatwiser We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 06:21 | BupaAustralia

@MBMeditations We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) -Lou http://t.co/iRf51BoY

01-May-12 06:19 | BupaAustralia

@SolNutrition We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) -Lou http://t.co/iRf51BoY

01-May-12 06:19 | BupaAustralia

@JadeBooth We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) -Lou http://t.co/iRf51BoY

01-May-12 06:19 | BupaAustralia

@HealthyBalanceF We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) http://t.co/iRf51BoY

01-May-12 06:18 | BupaAustralia

@MadeForYouFoods We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) http://t.co/iRf51BoY

01-May-12 06:18 | BupaAustralia

@gillespi We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 06:18 | BupaAustralia

@ScriptMedia_AUS We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) http://t.co/iRf51BoY

01-May-12 06:17 | BupaAustralia

@melbcitysports We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :)-Lou http://t.co/iRf51BoY

01-May-12 06:17 | BupaAustralia

@discokitcat We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) -Lou http://t.co/iRf51BoY

01-May-12 06:17 | BupaAustralia

@The_SportyMummy We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) http://t.co/iRf51BoY

01-May-12 06:17 | BupaAustralia

@ahealthyweight We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :)-Lou http://t.co/iRf51BoY

01-May-12 06:16 | BupaAustralia

RT @BupaAustralia: Tonight's #HealthyChat is all about Salt! Chat with the experts: The @GeorgeInstitute #HealthyChat tonight at 8pm - http://t.co/8WWTDOfz

01-May-12 06:16 | AmyCooperHealth

@FernwoodFitness We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) http://t.co/iRf51BoY

01-May-12 06:16 | BupaAustralia

@WriteRTW We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) -Lou http://t.co/iRf51BoY

01-May-12 06:16 | BupaAustralia

@ryannapoleon We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 06:15 | BupaAustralia

RT @BupaAustralia: @xJoeyJoJox We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 06:13 | xJoeyJoJox

Join tonight's LIVE chat with Prof Bruce Neal (8pm AEST) answering your Q's on salt. Use #HealthyChat or http://t.co/6EMp6WDG @BupaAustralia

01-May-12 06:13 | georgeinstitute

@j05hpatel We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 06:04 | BupaAustralia

@momentumforlife We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) http://t.co/iRf51BoY

01-May-12 06:04 | BupaAustralia

Talking about salt and how it effects health in #HealthyChat tonight, 8pm. @BupaAustralia http://t.co/0PSAlSle

01-May-12 05:55 | fitnessorgau

RT @BupaAustralia: @JemmaOHanlon We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 05:48 | JemmaOHanlon

@lungsboy_73 We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 05:46 | BupaAustralia

@Foodwatch We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 05:46 | BupaAustralia

@kerrynwoods We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 05:45 | BupaAustralia

@MelbFitness We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 05:45 | BupaAustralia

@NutritionGurus We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :)-Lou http://t.co/iRf51BoY

01-May-12 05:45 | BupaAustralia

@fitnessorgau We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 05:44 | BupaAustralia

@healthypartygrl We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) http://t.co/iRf51BoY

01-May-12 05:44 | BupaAustralia

@RochelleMcCook We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :)-Lou http://t.co/iRf51BoY

01-May-12 05:43 | BupaAustralia

@EmmaStirling We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 05:43 | BupaAustralia

@Anything_Kel We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 05:41 | BupaAustralia

@AmyKendall We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 05:41 | BupaAustralia

@juliecottle We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 05:41 | BupaAustralia

@planningqueen We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) -Lou http://t.co/iRf51BoY

01-May-12 05:40 | BupaAustralia

RT @BupaAustralia: @FoodTalkBites We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) -Lou http://t.co/iRf51BoY

01-May-12 05:40 | FoodTalkBites

@KJeanneret We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 05:40 | BupaAustralia

@ehurt01 We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 05:40 | BupaAustralia

@DigiParentsAUS We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :)-Lou http://t.co/iRf51BoY

01-May-12 05:39 | BupaAustralia

@BenisonAnne We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 05:39 | BupaAustralia

@SeraphimSP We're talking about salt and how it effects health in #HealthyChat tonight, 6pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 05:39 | BupaAustralia

@Justine_Davies_ We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) http://t.co/iRf51BoY

01-May-12 05:38 | BupaAustralia

@MotherBabyComAu We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) http://t.co/iRf51BoY

01-May-12 05:38 | BupaAustralia

@xJoeyJoJox We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 05:37 | BupaAustralia

@Mothers_Matter We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :)-Lou http://t.co/iRf51BoY

01-May-12 05:36 | BupaAustralia

@chrispytweets We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) -Lou http://t.co/iRf51BoY

01-May-12 05:36 | BupaAustralia

@AmyCooperHealth We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) http://t.co/iRf51BoY

01-May-12 05:35 | BupaAustralia

@bdebneygray We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 05:35 | BupaAustralia

@KarenKingham We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 05:34 | BupaAustralia

@son_23 We're talking about salt and how it effects health in #HealthyChat your 11am today. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 05:34 | BupaAustralia

@InglesDietitian We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) http://t.co/iRf51BoY

01-May-12 05:34 | BupaAustralia

@veroferreira We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 05:34 | BupaAustralia

@MedicsAlert We're talking about salt and how it effects health in #HealthyChat tonight, 8pm AEST. Hope u can join :) http://t.co/iRf51BoY

01-May-12 05:33 | BupaAustralia

@EmmaCarderRD We're talking about salt and how it effects health in #HealthyChat your 11am today. Hope u can join :) http://t.co/iRf51BoY

01-May-12 05:33 | BupaAustralia

@TheFoodCoachRD We're talking about salt and how it effects health in #HealthyChat your 11am today. Hope u can join :) http://t.co/iRf51BoY

01-May-12 05:33 | BupaAustralia

@colourmethere We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) -Lou http://t.co/iRf51BoY

01-May-12 05:32 | BupaAustralia

@FoodTalkBites We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) -Lou http://t.co/iRf51BoY

01-May-12 05:32 | BupaAustralia

@MarissaRoberts We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :)-Lou http://t.co/iRf51BoY

01-May-12 05:32 | BupaAustralia

@eatdrinkstagger We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) http://t.co/iRf51BoY

01-May-12 05:31 | BupaAustralia

@YantraMatAu We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 05:31 | BupaAustralia

@birubifoods We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 05:31 | BupaAustralia

@powbab We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 05:29 | BupaAustralia

@gdrosser We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 05:29 | BupaAustralia

@mumsonthego We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 05:29 | BupaAustralia

@mystafied We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 05:28 | BupaAustralia

@smartsexypaleo We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :)-Lou http://t.co/iRf51BoY

01-May-12 05:28 | BupaAustralia

@jhtaust We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 05:28 | BupaAustralia

@giudice_penny We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) -Lou http://t.co/iRf51BoY

01-May-12 05:28 | BupaAustralia

@sambuck42 We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 05:27 | BupaAustralia

@JemmaOHanlon We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) - Lou http://t.co/iRf51BoY

01-May-12 05:24 | BupaAustralia

@eatforhealthaus We're talking about salt and how it effects health in #HealthyChat tonight, 8pm. Hope u can join :) http://t.co/iRf51BoY

01-May-12 05:20 | BupaAustralia

RT @BupaAustralia: Share how much salt you think you have on an average day and find out if its too much, in #HealthyChat tonight 8pm - http://t.co/6S6A90Pq

01-May-12 02:34 | CSHeartResearch

Share how much salt you think you have on an average day and find out if its too much, in #HealthyChat tonight 8pm - http://t.co/6S6A90Pq

01-May-12 01:15 | BupaAustralia