

About 90% of Vietnamese eat excess salt, 4 hazards when Vietnamese eat too salty

The excess of salt will cause the human body to face serious health consequences.

Salt, an important spice indispensable in people's daily meals. However, much is not good and so is salt, the excess of salt will cause the human body to face serious consequences.

According to the World Health Organization, about 90% of Vietnamese eat excess salt. The average salt consumption of each Vietnamese is 9.4 grams / day, of which 8.3g female and 10.5g male, 2 times higher than the standard.



Here are some of the dangers Vietnamese people face due to overeating.

Heart

Salt concentration in the body is stable, eating more salt will increase osmotic pressure in the blood. When eating salty, people will feel thirsty and drink water. This increases blood capacity, increasing pressure on the walls of the arteries, causing the heart to work harder.

For people with hypertension, eating salty can increase the risk of problems such as stroke, liver failure, kidney failure, heart failure.

Elderly people eat salty very dangerous, easy to form high blood pressure, affecting heart and kidney function.

Young children eat salty early will affect blood pressure, increasing the risk of many other diseases.



Kidney

Eating a lot of salt makes us drink large amounts of water to quench our thirst. This causes the kidneys to work harder to filter the blood, the body will have to increase the excretion of sodium through the urine, leading to the loss of some important minerals like potassium, calcium and cause kidney problems such as stones. Kidney, reduced kidney function.

Bone

Eating salt makes the body excess salt, the process of excreting calcium through urine increases can lead to the risk of osteoporosis.



Stomach

Compared to ordinary people, people who eat a lot of salt are at a higher risk of developing gastric ulcers because salty eating damages the protective lining of stomach lining and increases the growth of harmful bacteria. Eating salt and sour regularly will put people who have stomach ulcers caused by HP bacteria at high risk of serious complications.

How much salt a day is enough?

According to WHO recommendations, each adult should eat no more than 5 grams of salt / day (equivalent to a teaspoon). The amount of salt is just enough for the human body to absorb, helping to prevent and prevent many diseases such as hypertension, stroke, cardiovascular disease, cancer and some other non-communicable diseases.

1. The darker the egg yolk, the higher the nutritional value?
2. The mistake when drinking milk turns it into a poison in the body

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