

PAHO SaltSmart Consortium meeting¹

Proposed Regional Maxima Targets

3rd Meeting of the SaltSmart Consortium

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Setting Maxima Targets

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- ❑ Build on the experience of countries that have established targets and timelines for salt reduction
- ❑ Use this work to set harmonized maxima targets for the main food categories for the Americas
- ❑ Details on existing targets are in the chapter on *Setting Targets and Timelines to Reduce the Salt Content of Foods*, ***Salt Smart Americas*** (PAHO 2013) and updates as of Oct 2013
- ❑ Use this work to build consensus and facilitate regional harmonization

Starting Point for Phase 1 Targets



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□ Table of data

- Adapted from the Guide - Appendix 1: Targets and timelines for food categories common in Argentina, Brazil, Canada, Chile and the National Salt Reduction Initiative in the United States (as of January 2013); updated – October 2014

Proposed Regional Targets – Key questions



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Agree on principles how to answer, then
apply consistently ...

1. Which Food Categories?
2. Setting the targets?
3. What timelines?

Proposed Regional Targets

1. Which Food Categories?



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- ❑ Principal - Categories were chosen by countries because they contributed significant amounts to sodium intakes (frequently consumed and/or high levels)

Which Food Categories?

- Categories which have maxima set by at least 2 of the 5 countries
- In most cases, targets will be for broad categories, as many of the sub-categories are quite country specific
- Can discuss need to broaden or be more specific if needed

Proposed Regional Targets

2. Setting the targets?



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- ❑ Principal – Targets were set by countries through: extensive consultation, advice that they are technically feasible, and respected the food characteristics of a category

Setting the targets?

- Based on the highest target set for the category
- In most cases the targets have a relative consistency in the Americas
- Targets for sub-categories were set, particularly where they helped to clarify large differences within a category and made sense ...

Proposed Regional Targets – Example 1 – Bread



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☐ Reasonable Consistency

- All breads range from 400 to 600 mg/100 g
 - Proposed target – 600 mg/100 g
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- Most categories were handled in a similar approach

Proposed Regional Targets – Example 2 – Meats



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Obvious reasons for different sub-category targets

- Cooked, uncooked, and processed meats and sausages [not including uncured or fresh meats]
 - Most 550-1210 mg/100 g
 - Proposed target – 1210 mg/100 g
- Dry cured and products conserved at room temperature
 - Most 1350-1900 mg/100 g
 - Proposed target – 1900 mg/100 g

Proposed Regional Targets – Example 3 – Dairy/Cheese



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- Unable to set a harmonized target – very wide variation in product types and existing targets
 - Range 210 – 2530 mg/100 g
 - Countries can use limits set for comparable products

Proposed Regional Targets – Example 4 - Condiments



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Concern raised by Costa Rica

Condiment	Target Brazil (undiluted) mg/100g	Target Canada (as consumed) x 4-5 ??	Levels – Costa Rica (undiluted) mg/100g
Condiments for rice	32,076 (2015)		540/2 g = 27,000 660/2 g = 33,000
Dry marinades		3000/100 g = 12,000 – 15,000 ?? ^a	
Other Salt based condiments (e.g. for meat)	21,775 (2015)		500/2.5g = 20,000 1270/5g = 25,400

^a will seek clarity from Canada

Proposed Regional Targets – Timelines



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- ❑ End of 2016 – consistent with our 2 year approach to review

Proposed Regional Targets and Timelines



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☐ Comments – questions - discussion