

- Food—sodium content / Diabetes

## HOLD THE SALT

---

Diabetic Living · 1 Mar 2024 · 9

---

Recent research has linked consuming salt to the risk of developing type 2 diabetes. Surveying more than 400,000 adults, the study found that compared to people who 'never' or 'rarely' used salt, people who 'sometimes' add salt to a meal had a 13 per cent higher risk of type 2, while those who 'usually' do had a 20 per cent higher risk. Meanwhile, people who 'always' did had a 39 per cent higher risk of the disease. Further research is needed to determine exactly why or how higher salt intake is linked to a higher type 2 diabetes risk. However, researchers say one explanation could be that salty food encourages people to eat larger portions, which increases the chance of developing type 2 diabetes risk factors, like inflammation and carrying too much weight.