METROPOLITAN

Excessive intake of salt ups risk of high blood pressure

Say health experts

STAFF CORRESPONDENT

An adult should limit the intake of salt to five grams a day as its excessive intake health.' increases the risk of high blood pressure that further leads to heart attack and stroke, health experts said.

Experts said this at a press conference at the National Press Club yesterday.

They said in Bangladesh, an adult person takes 16 to 17 grams of salt with their food every day, which is quite harmful to health, causing osteoporosis, stomach cancer and kidney diseases.

of National Heart Foundation of Bangladesh organised the press conference as part of its programmes marking the World Salt Awareness Week from February 1 to 7 every

This year, the theme of the World Salt Awareness Week is 'Salt can damage your

" Salt is necessary for health but excessive salt intake can cause different diseases. So we need to change our food habit like avoiding fast food, Chinese food, preserved and tinned foods that contain more salt," said National Professor Brig (Retd) Abdul Malik.

The experts stressed the need to make the children habituated to less intake of salt because an adult needs Hypertension Committee only a gram of salt a day and a child less than that.

Quoting the research findings of National Heart Foundation Hospital and Research Institute, they said if salt intake could be halved,

some 25 lakh deaths due to a cardiac arrest and stroke could be avoided globally.

The experts suggested all to remove the salt cellar from the dining table and to use less salt in cooked items. Furthermore, the use of ketchup, soya sauce, testing salt and salad dressing should be avoided and vegetables and fruits should be eaten without adding salt.

They suggested the hotel and restaurant owners to put up a sign 'No Extra Salt' like 'No Smoking Please'.

They said the government should make it compulsory to write the quantity of salt on the packets of food.

Committee Chairman Prof RK Khandaker, Prof M A Rouf, Prof SM Keramat Ali and Dr Sirajul Islam were present at the press conference.



Two visitors thumb through a book with a keen interest at a book stall at Ekushey Book Fair at Bangla Academy in the city yesterday, the third day of the fair. PHOTO: SHAFIQUL ALAM

LAND DISPUTE Sexagenarian killed in city

STAFF CORRESPONDENT

A 60-year-old laundry shop owner of Bangshal in old city succumbed to his injuries at Dhaka Medical College Hospital (DMCH) early hours yesterday.

The dead identified as Mohammad Hafez Miah, was allegedly beaten by his nephews over a land dispute on Tuesday evening.

Hafez used to run a laundry shop in Aga Masih Lane area in old Dhaka.

Victim's wife Shahar Banu told journalists at DMCH that her husband had dispute with his nephews over land for a long time.

His four nephews beat, kicked and punched Hafez, his wife and their son around 8:00pm on Tuesday.

Seriously injured Hafez was rushed to DMCH where he succumbed to his injuries.

Shahar Banu filed a murder case with Bangshal Police Station in this connection. Bangshal police said the

accused went into hiding immediately after the incident.



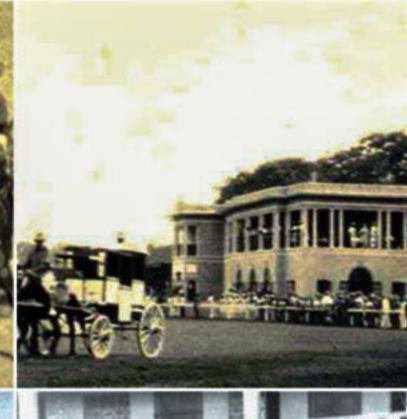


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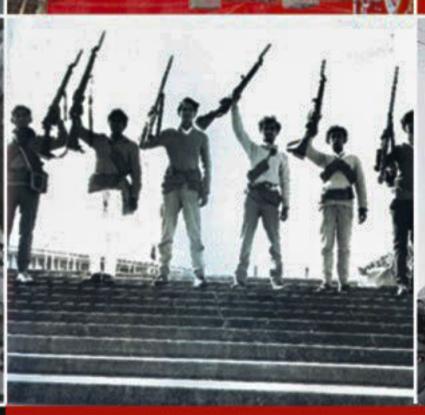






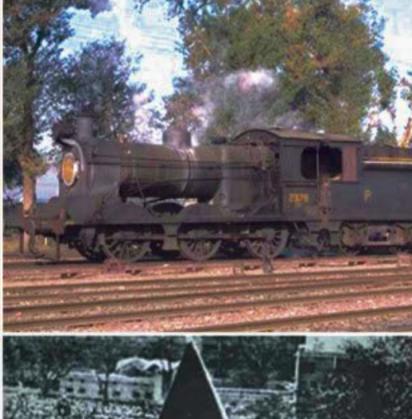




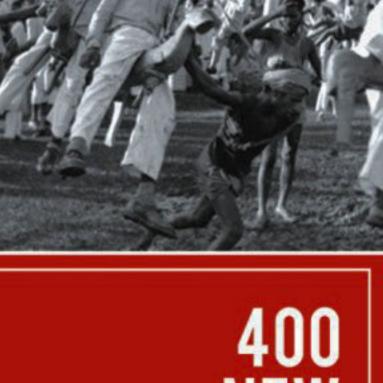














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