

## Evaluation of Salt Content in Bread and the Amount Intake by Hypertensive Patients in the Algiers Region

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**Abstract :** Introduction: Bread is the most popular food in Algeria. The aim of this study was to examine the consumption of salt from bread by hypertensive patients. Materials and methods: sixty breads were collected from different artisans Algiers bakeries, each sample was mixed in harm distilled water until homogeneous and filtered. Analysis of the salt content was carried out according to the Mohr method titration. We calculated the amount of salt in bread consumed by 100 hypertensive patients using a questionnaire about the average amount of bread per day. Results: The salt content values from bread were  $3.4\text{g} \pm 0.37 \text{ NaCl} / 100\text{g}$ . The average amount of salt consumed per day by patients from only bread was  $3.82 \text{ g} \pm 3.8$  with a maximum of 17 g per day. Only 38.18% of patients consume bread without salt even then 95% knew that excess salt intake can complicate hypertension. Conclusion: This study showed that bread is a major contributor to salt intake by Algerian hypertensive patients.

**Keywords :** salt, bread, hypertensive patients, Algiers

**Conference Title :** ICFAMPT 2020 : International Conference on Food Additives, Micronutrients and Packaging Technologies

**Conference Location :** Paris, France

**Conference Dates :** November 19-20, 2020