

Table 1. Content of sodium and salt in samples of bread mostly consumed in selected countries of the Eastern Mediterranean Region (on wet basis)

Country	Type of bread	No. of Samples	Sodium content in wet basis (ppm)	Sodium content in wet basis (g/kg)	Solt content in wet basis (g/100 g)	Salt content in g/kg	Estimated daily intake of salt from bread (300g/d/ person)	Estimated daily [†] salt intake g/d/ person	Percentage of bread contribution to tootal salt intake (g/d/ person)
Bahrain	Sliced bread (French type)	5	2631.9	2.6	0.67	6.69	2.0	—	—
	Arabic bread (pita)	5	2634.9	2.6	0.67	6.70	2.0	—	—
	Flat bread (Lebanese)	10	5260.7	5.3	1.34	13.37	4.0	—	—
	Mean		3509.2	3.5	0.89	8.92	2.7	13.5	19.8
Oman	White sliced bread (French type)	5	3662.2	3.7	0.93	9.31	2.8	—	—
	Samoon bread	4	4701.9	4.7	1.20	11.95	3.6	—	—
	Flat Arabic bread (Lebanese)	6	2312.5	2.3	0.59	5.88	1.8	—	—
	Mean		3558.9	3.6	0.91	9.05	2.7	9.5	28.6
Egypt	Baladi refined bread (Ayash)	5	1582.5	1.6	0.40	4.02	1.2	—	—
	Baladi ordinary (Ayash)	5	2010.1	2.0	0.51	5.11	1.5	—	—
	Mean		1796.3	1.8	0.46	4.57	1.4	9.2	14.9
Kuwait	Flat Arabic thin bread (brown)	3	3319.4	3.3	0.84	8.44	2.5	—	—
	Flat thin Arabic bread (white)	4	3330.6	3.3	0.85	8.47	2.5	—	—
	Flat Arabic bread (white)	4	6087.5	6.1	1.55	15.48	4.6	—	—
	Flat Arabic bread (brown)	2	4516.5	4.5	1.15	11.48	3.4	—	—
	Mean		4313.5	4.3	1.10	10.97	3.3	9.7	33.9
Tunisia	French bread	10	4881.7	4.9	1.24	12.41	3.7	—	—
	Mean		4881.7	4.9	1.24	12.41	3.7	11.1	33.5
Qatar	Arabic bread small (pita)	5	2714.1	2.7	0.69	6.90	2.1	—	—
	Arabic bread big (pita)	5	1677.3	1.7	0.43	4.26	1.3	—	—
	Arabic bread brown (pita)	5	1790.0	1.8	0.46	4.55	1.4	—	—
	Lebanese bread (white)	5	1680.0	1.7	0.43	4.27	1.3	—	—
	Lebanese bread (brown)	5	2468.3	2.5	0.63	6.27	1.9	—	—
	Mean		2065.9	2.1	0.53	5.25	1.6	10.5	15.0
Jordan	White bread small (Lebanese)	4	1114.6	1.1	0.28	2.83	0.8	—	—
	White bread large (Lebanese)	8	2256.3	2.3	0.58	5.74	1.7	—	—
	Mean		1685.5	1.7	0.43	4.28	1.3	10.3	12.5
Lebanon	Arabic white bread (Lebanese)	10	2190	2.2	0.56	5.57	1.7	—	—
	Mean		2190	2.2	0.56	5.57	1.7	8	20.9
Mean for all countries			3000.1	3.0	0.76	7.63	2.3	10	22.9
Standard deviation					1.23		3.12		