Salt is an essential substance to human beings as it participates in many basic body functions. Due to its capacity of enhancing food flavors, many people abuse the use of salt in their food and end up eating sodium in amounts far beyond the daily recommended intake. This causes water retention, overloads the kidneys and alters the function of the endocrine system, responsible for regulating the cardiovascular system. Although the population is often advised to alter and reduce the consumption of salt, hypertensive patients often report their difficulty in reducing the amount of added salt to food as it is related to a decrease in the pleasure of eating.

This research aimed to study the habits related to salt intake among a normotensive (control) and hypertensive (test) sample population and to determine their threshold of saltiness. Data was obtained by means of a questionnaire and a test of minimum detectable concentration. 40 normotensive and 43 hypertensive individuals participated, ages 40 to 70. The hypertensive group was further divided according to their habit of diminishing their salt intake (23) and not doing so (20). Their flavor preferences were explored and salty was preferred taste among test sample and sweet for control. Most reported not having a salt shaker on the table during meals. The threshold of perception of salty taste in the test sample that diminished salt intake were similar to the control group, but differ significantly from the test group that did not reduce their salt intake.