

The
little
book
of

SALT



FOOD
STANDARDS
AGENCY

What's all the fuss about

SALT?

Eating too much salt is bad for your health. This is because it can **raise your blood pressure**, and having high blood pressure triples your chances of heart disease and stroke.

Adults should aim to have no more than

6g

of salt a day. And children should have even less.

Did you know that most of the salt we eat - around

75%

- is already in the food we buy?

But if you know what to look for, you can start choosing foods that are lower in salt.



How to look out for

SALT

when you're shopping

Check the label to see how much salt is in the food per 100g. Then you can work out if the food is **high**, **medium** or **low** in salt, using the figures given here.

Salt

What is
HIGH
per 100g

over
1.5g

Eat occasionally
or as a treat

What is
MEDIUM
per 100g

between
0.3g
and
1.5g

An OK choice

What is
LOW
per 100g

0.3g
and
below

A healthier choice

If there's only a figure for sodium on the label you should multiply by 2.5 to find the salt level.

Choose products that are lower in

SALT



Salt can be found in surprising places such as bread and breakfast cereals. But they're both an important part of a healthy diet so compare labels when you're shopping and choose the ones lower in salt.





Whether buying pesto, tomato-based or creamy pasta sauces - always check the label and find the one that's lower in salt. Or why not try making your own.

Try to limit the amount of ketchup your kids eat - give them a small dollop at the start of their meal and then put the bottle away.

Always compare labels and choose the ones that are lower in salt.



Tips for cutting down on

SALT

Choose vegetable or chicken toppings on your pizza instead of pepperoni, bacon or extra cheese.



Use herbs, garlic and chilli to add flavour to your cooking instead of salt.

Try to get out of the habit of adding salt when you're cooking and at the table.



Go for tinned veg and pulses without added salt.





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For more tips and information about salt and how to have a healthier diet, visit eatwell.gov.uk/salt

The Food Standards Agency supports the Change4life movement, www.nhs.uk/change4life

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