SALT MADE SIMPLE

Beating heart disease together

British Heart Foundation
Cardiovascular disease (heart disease and stroke) is the UK’s biggest killer. Eating too much salt is linked to the risk of getting high blood pressure, a risk factor for heart disease and stroke.

**DID YOU KNOW?**

Most of the salt we eat comes from processed foods, things like bread, cereals, pizza, ready meals and some snacks like chevda, some pakoras and crisps.

So as well as trying to avoid adding salt to your food, watch out for how much salt is in your food already.
Which foods are high in salt?

Foods that can be higher in salt include:

• tinned lentils, beans, chickpeas or vegetables in brine
• pre-prepared seasonings and curry pastes
• ready-made pickles and chutneys
• some savoury snacks like chevda, ganthia, sev, puris, pakoras, salted nuts and crisps
• tinned and instant soups and noodles
• processed foods such as burgers, sausages, pies, pizza and ready meals.
How much is too much?

It is recommended that adults should consume less than 6g of salt a day, which is equivalent to one level teaspoon. On average, we are eating more than this. Children should have less than 6g.

How do I know how much salt is in my food?

The labels on food packets are usually a good place to find information and traffic light colours make it easy to see if the level of salt is low (green), medium (amber) or high (red).

Alternatively use the following as a guideline:

<table>
<thead>
<tr>
<th>A lot</th>
<th>A little</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.5g of salt or more/100g</td>
<td>0.3g of salt or more/100g</td>
</tr>
<tr>
<td>0.6g sodium or more/100g</td>
<td>0.1g sodium or more/100g</td>
</tr>
</tbody>
</table>
Simply using less salt can help reduce your salt intake.

- Use less salt in your cooking by measuring the amount you add on a teaspoon and gradually use less.
- Add less salt at the table, taste your food first.
- Avoid pre-prepared seasoning mixes that contain salt.
- Instead of salt, try using herbs, spices, chillies, pepper, garlic, ginger, lemon and lime juice.
- Make your own pickles, chutneys or pastes to control how much salt is used.
SIMPLY choosing foods with less added salt can help reduce your salt intake.

- When shopping compare labels on similar foods such as sauces, chutneys, pickles and pastes and choose the ones lower in salt.
- Choose tinned beans, chickpeas, lentils in water rather than brine.
SIMPLY eating healthier snacks can help reduce your salt intake.

- Many snacks can be high in salt so pick up a healthier option such as an apple, dried fruit, unsalted nuts or popcorn.
- Check the label and choose snacks that are lower in salt.
- Make your own savoury snacks such as pakoras and puris with less or no salt. Use whole and ground spices to enhance flavour instead.
Reducing your intake of salt reduces your risk of getting high blood pressure and coronary heart disease.

For more information on healthy eating, tips and delicious recipes, simply visit eatwell.gov.uk

For more information on keeping your heart healthy, visit us at bhf.org.uk or call our Heart HelpLine on 0300 330 3311 (a local rate number). The British Heart Foundation is the nation’s heart charity, saving lives through pioneering research, patient care and vital information.

BEATING HEART DISEASE TOGETHER

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