The little book of SALT
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 eat no more than 6g salt a day. 
Children should have even less.
Did you know that 75% of the salt we eat 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

LOW

A healthier choice

0g  0.1g  0.2g  0.3g  0.4g  0.5g  0.6g  0.7g  0.8g  0.9g  1.0g

MEDIUM

OK most of the time

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 this scale.
EAT SMALL AMOUNTS, OR JUST OCCASIONALLY

Multiply sodium by 2.5 to find out the salt level
Choose products that

like this one!

salt 0.8g
per 100g
are lower in **SALT**

Pepperoni Pizza

salt 1.8g per 100g

instead of this one!