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

MED

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.
Multiply sodium by 2.5 to find out the salt level

Eat small amounts, or just occasionally

<table>
<thead>
<tr>
<th>Salt per 100g</th>
<th>1.1g</th>
<th>1.2g</th>
<th>1.3g</th>
<th>1.4g</th>
<th>1.5g</th>
<th>1.6g</th>
<th>1.7g</th>
<th>1.8g</th>
<th>1.9g</th>
<th>2.0g</th>
</tr>
</thead>
</table>
Choose products that like this one!
salt 0.8g per 100g

Vegetable Pizza

Vegetable Pizza
are lower in SALT

Pepperoni Pizza

salt 1.8g per 100g

instead of this one!
Tips for cutting down on

Choose a lower-salt sandwich filling such as chicken salad or poached salmon, instead of higher-salt fillings such as ham, or cheese and pickle.

Go easy on smoked foods – these can be high in salt.
Choose vegetable or chicken toppings on your pizza, instead of pepperoni, bacon or extra cheese.

Go for tinned veg and pulses without added salt.