Did you know your food can tell you how much salt it contains?

The Salt-o-meter
Understanding what labels tell you about salt

For a quick way to find out if a food contains just a little or a lot of salt, compare it with the Salt-o-meter below. Some labels give a figure for sodium instead of salt. You can convert sodium to salt using the Salt-o-meter. The figure for sodium or salt on the label is usually per 100g food. Sometimes it will also tell you how much is in one serving.
Listen to the labels

When you're shopping, try comparing the labels on similar foods – sometimes there can be a big difference in the amount of salt they contain.

It's not a good idea to eat too much of foods that contain a lot of salt. Some foods can contain nearly 6g salt in just one serving. Always check the label.

Getting a balance

Remember that we should all aim to eat a healthy balanced diet, which is low in salt, sugar and fat (especially saturated fat) and contains a variety of types of food, including:

- lots of starchy foods such as unleavened bread, wholegrain cereals, and lots of fruit and veg
- some protein-rich foods such as meat, fish, eggs and lentils
- some dairy foods

Visit eatwell.gov.uk to find out more about healthy eating.

Did you know your food can tell you how much salt it contains?

Eat no more than 6g salt a day

Adults should eat no more than 6g salt a day. Kids should have even less. Eating too much salt can raise your blood pressure. And high blood pressure increases your risk of heart disease and stroke.

One in three people have high blood pressure, but often there are no symptoms.

Here's the good news: cutting down on salt can help to lower your blood pressure in weeks.

Visit eatwell.gov.uk to find out more.