The little book of SALT

Published by the Food Standards Agency, September 2009

Design by INITIALS. Print by Taurus Print & Design Ltd.

© Crown copyright 2009

Printed in England 250k FSA/1442/0909

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

To order copies of this booklet or other publications produced by the Agency, contact Food Standards Agency Publications:

Tel: 0845 606 0667
Fax: 020 8867 3225
Minicom: 0845 606 0678
Email: foodstandards@ecgroup.co.uk
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.
How to look out for 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.

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

What is HIGH per 100g

What is MEDIUM per 100g

What is LOW per 100g

Eat occasionally or as a treat

An OK choice

A healthier choice

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.

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

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?
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.

- **High** per 100g: over 1.5g
- **Medium** per 100g: 0.3g to 1.5g
- **Low** per 100g: 0.3g and below

Eat occasionally or as a treat: An OK choice.

A healthier choice.
How to look out for 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.

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

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.
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.

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

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

Go for tinned veg and pulses without added salt.
Choose vegetable or chicken toppings on your pizza instead of pepperoni, bacon or extra cheese.

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

To order copies of this booklet or other publications produced by the Agency, contact Food Standards Agency Publications:

Tel: 0845 606 0667
Fax: 020 8867 3225
Minicom: 0845 606 0678
Email: foodstandards@ecgroup.co.uk