



FOOD
STANDARDS
AGENCY

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

MEDIUM

A
healthier
choice

OK
most of
the time

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

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.

LOW

HIGH



1.0g 1.1g 1.2g 1.3g 1.4g 1.5g 1.6g 1.7g 1.8g 1.9g 2.0g

Salt per 100g

**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**



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

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



**Go easy with
ketchup, soy
sauce, mustard,
pickles and
mayonnaise –
these can be
high in salt**



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

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



**Choose unsalted
nuts instead of
salted or dry-roasted**



**Eat plain
popcorn
as a snack
instead
of crisps**



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For more information about salt, visit salt.gov.uk

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