

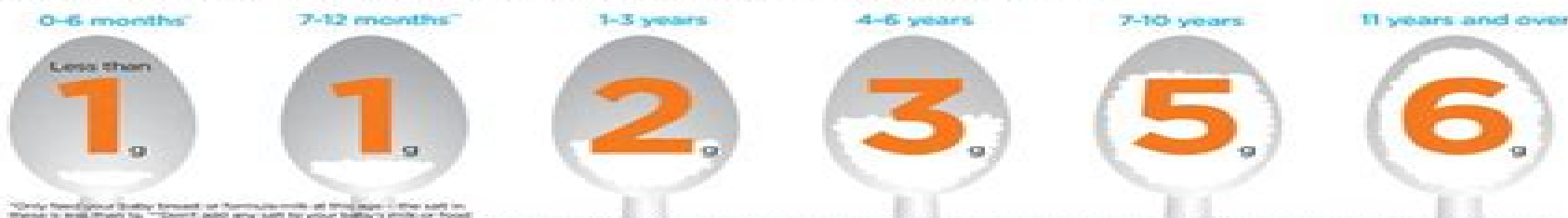
# Salt the facts

Bupa

**Salt is an essential part of our diet but the chances are you're eating too much.**

## How much salt do we need?

We only need a small amount of salt in our diet. Aim to eat no more than 6g of salt a day – around one teaspoonful. Most people eat too much and need to cut down.



## Why do we need salt?



## What are the health effects of too much salt?



high blood pressure



stroke



heart disease

## Watch out for hidden salt



75% (three-quarters) of the salt we eat is hidden in processed foods and foods we eat out.

Did you know there's salt in cakes and biscuits, bread and breakfast cereals?

## 5 tips to cut down on salt



● Eat less processed food – eat fresh and cook your own meals from scratch.



● Flavour your food with garlic, pepper, herbs and spices or a squeeze of lemon instead of salt.



● When eating out, ask the chef to hold back on the salt, or ask what low-salt dishes they offer.



● Watch out for hidden salt in sauces, such as tomato ketchup and pasta sauces – choose low-salt versions.



● Check food labels. A food that's high in salt has more than 1.5g salt per 100g whereas a low-salt option has 0.3g salt or less per 100g.

# Salt Management Guide

**Raffaella Di Napoli**



## **Salt Management Guide:**

## Reviewing **Salt Management Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Salt Management Guide**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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