

# 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

**Emilie Sanchez**



## **Salt Management Guide:**

## **Salt Management Guide** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Salt Management Guide**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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