

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

Laura Fay,Xianming Shi,Jiang Huang

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Table of Contents Salt Management Guide

1. Understanding the eBook Salt Management Guide
 - The Rise of Digital Reading Salt Management Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Salt Management Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Salt Management Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Salt Management Guide
 - Personalized Recommendations
 - Salt Management Guide User Reviews and Ratings
 - Salt Management Guide and Bestseller Lists
5. Accessing Salt Management Guide Free and Paid eBooks
 - Salt Management Guide Public Domain eBooks

- Salt Management Guide eBook Subscription Services
- Salt Management Guide Budget-Friendly Options
- 6. Navigating Salt Management Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Salt Management Guide Compatibility with Devices
 - Salt Management Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Salt Management Guide
 - Highlighting and Note-Taking Salt Management Guide
 - Interactive Elements Salt Management Guide
- 8. Staying Engaged with Salt Management Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Salt Management Guide
- 9. Balancing eBooks and Physical Books Salt Management Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Salt Management Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Salt Management Guide
 - Setting Reading Goals Salt Management Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Salt Management Guide
 - Fact-Checking eBook Content of Salt Management Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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