Salt the facts

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.

0-6 months Less than





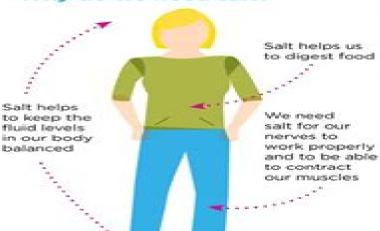






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Why do we need sait?



What are the health effects of too much salt?



high blood pressure stroke



heart disease

Watch out for hidden salt

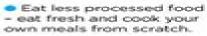


75% (three-quarters) of the salt we eat is hidden in processed foods and foods we eat out.

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

5 tips to cut down on salt







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



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



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

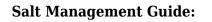




 Check food labels. A food that's high in salt has more than 1.5g salt per 100g whereas a low-salt option has 0.3g salt or less per 100g.

Salt Management Guide

Laura Fay, Xianming Shi, Jiang Huang



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- 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
 - $\circ\,$ 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
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- 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
 - o 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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