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





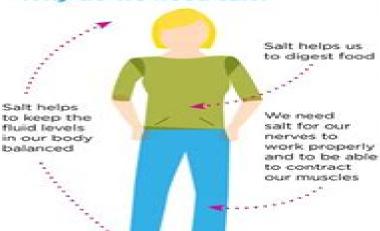






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Why do we need sait?



What are the health effects of too much salt?



high blood pressure stroke



heart disease

Watch out for hidden salt

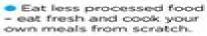


75% (three-quarters) of the salt we eat is hidden in processed foods and foods we eat out.

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.

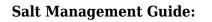




 Check food labels. A food that's high in salt has more than 1.5g salt per 100g whereas a low-salt option has 0.3g salt or less per 100g.

Salt Management Guide

D Kirk



Decoding Salt Management Guide: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Salt Management Guide**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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