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





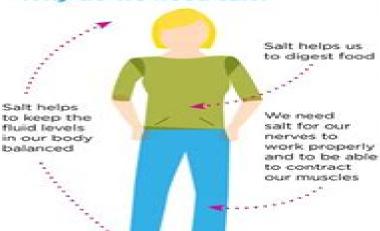






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Why do we need sait?



What are the health effects of too much salt?



high blood pressure stroke



heart disease

Watch out for hidden salt

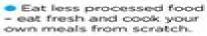


75% (three-quarters) of the salt we eat is hidden in processed foods and foods we eat out.

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.

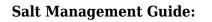




 Check food labels. A food that's high in salt has more than 1.5g salt per 100g whereas a low-salt option has 0.3g salt or less per 100g.

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JG Myers



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