

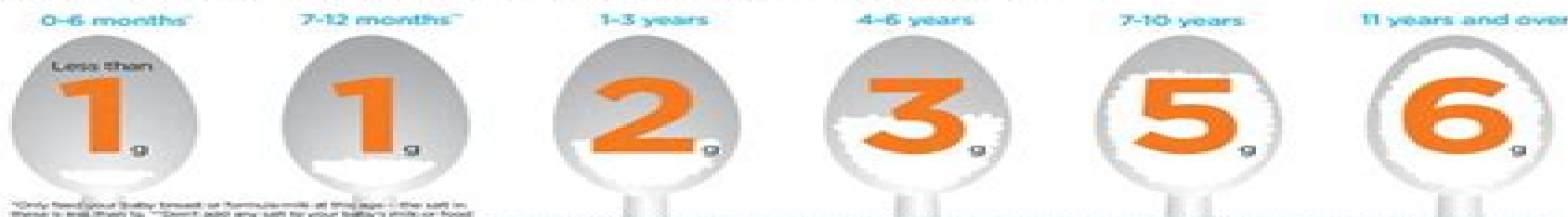
Salt the facts

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

**Levelton Consultants, Levelton
Consultants Limited, National
Cooperative Highway Research
Program**

Salt Management Guide:

Salt Management Guide, 2013 With over one million kilometres of road Canada's extensive network provides a safe efficient and affordable means of surface transportation and supports a wealth of economic and social activities many individuals rely on the Canadian road network for transport to the workplace and a wide array of economic uses for recreation and leisure activities and for emergency and security services The de-icer of choice continues to be salt Since TAC's Salt Management Guide was published in 1999 advancements have been made in the field of salt management In order to keep the Guide current an update of the documents was deemed necessary to incorporate the research and lessons learned in the past ten years This Guide and the Syntheses of Best Practices continue to identify and described sic ways of handling and using salt to maintain its usefulness within winter maintenance while reducing its adverse effects to the environment

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