

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

Malchus B. Baker, Peter F. Ffolliott



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

Abstract **Road Salt Management Guide** Transportation Association of Canada, 1999 *Salt Management Guide* Transportation Association of Canada, 1999 **Citizen's Guide to Ground-water Protection**, 1990 **Guidelines for the Selection of Snow and Ice Control Materials to Mitigate Environmental Impacts** Levelton Consultants, Levelton Consultants Limited, National Cooperative Highway Research Program, 2007 **Protection, Cleanup, and Restoration of Salt Marshes Endangered by Oil Spills** David J. Maiero, Robert William Castle, O. Leon Crain, 1978 [Practical Handbook of Soil, Vadose Zone, and Ground-Water Contamination](#) J. Russell Boulding, Jon S. Ginn, 2016-04-19 A synthesis of years of interdisciplinary research and practice the second edition of this bestseller continues to serve as a primary resource for information on the assessment remediation and control of contamination on and below the ground surface Practical Handbook of Soil Vadose Zone and Ground Water Contamination Assessment Prev **The Handbook of Strategic Public Relations and Integrated Marketing Communications, Second Edition** Clarke L. Caywood, 2011-12-30 The definitive guide to PR and communications updated with the newest social media and brand reputation tools and techniques The most authoritative comprehensive resource of its kind The Handbook of Strategic Public Relations and Integrated Marketing Communications Second Edition is a gathering of 70 of the brightest most influential figures in the field It includes 27 new chapters as well as 44 new authors addressing the major changes in the field since the last edition the use of social media in business demanding and growing stakeholder relationships and a new era of openness and transparency to protect reputations and brands and to prevent crises Providing best practices for 28 key industries the handbook is conveniently organized into thematic sections Introduction to Public Relations and Integrated Communications research history law and ethics Stakeholder Leadership in Public Relations crisis management employees investors consumers press corporate philanthropy and digital communities Current and Continuing Issues in Public Relations business sustainability environmental communications and reputation and brand management Industries and Organizations Business to Consumer and Business to Business automotive aviation insurance hospitality healthcare consulting financial food law and energy Each

section highlights specific case studies and examples to illuminate exactly how to plan and execute different methods for optimum results The book concludes with a section on the future of the industry developing issues trends and roles of public relations and integrated communications Use The Handbook of Strategic Public Relations and Integrated Marketing Communications to position your company your brand and yourself for success for many years to come **Management Guide for Children's Dental Health Services in BCHS Programs** United States. Health Services Administration. Office for Maternal and Child Health, United States. Office for Maternal and Child Health, 1979 *Understanding and Managing Irrigated Acid Sulfate and Salt-affected Soils* Rob W. Fitzpatrick, Luke M. Mosley, Freeman J. Cook, 2017-11-20 This handbook is designed to be used by farmers land managers agencies and service providers to provide land management options as part of farm property management plans which incorporate options that help prevent the spread of acid sulfate and salt affected soils These options are targeted to specific parts of the landscape for example irrigated floodplain land drains levee banks and should be incorporated into farm management plans **A Resource Guide for Nutrition Management Programs for Older Persons** Marjorie Bogaert-Tullis, 1987 **Federal Register** , 2003-04 *Guidelines for Water Reuse* , 2004

Strategies to Mitigate the Impacts of Chloride Roadway Deicers on the Natural Environment Laura Fay, Xianming Shi, Jiang Huang, 2013 TRB's National Cooperative Highway Research Program NCHRP Synthesis 449 Strategies to Mitigate the Impacts of Chloride Roadway Deicers on the Natural Environment documents the range of methods tools and techniques used by transportation agencies to minimize the environmental impact of chloride based roadway deicers Publisher's description **Southwestern Regional Guide, Standards and Guidelines** , 1983

General Technical Report RMRS , 1998 *Multiple Resource Evaluations on the Beaver Creek Watershed* Malchus B. Baker, Peter F. Ffolliott, 1998 *Proposed Tonto National Forest Plan* , 1982 *Great Salt Lake National Monument* United States. Congress. Senate. Committee on Interior and Insular Affairs. Subcommittee on Parks and Recreation, 1967

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