

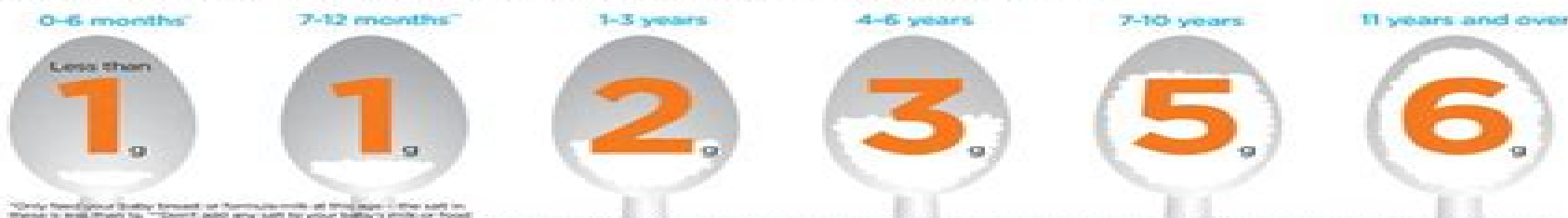
Salt the facts

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

KJ Lindholm-Leary



Salt Management Guide:

Unveiling the Power of Verbal Art: An Psychological Sojourn through **Salt Management Guide**

In a world inundated with monitors and the cacophony of immediate conversation, the profound energy and emotional resonance of verbal art frequently disappear in to obscurity, eclipsed by the constant barrage of sound and distractions. However, nestled within the lyrical pages of **Salt Management Guide**, a captivating perform of literary beauty that pulses with natural emotions, lies an unforgettable journey waiting to be embarked upon. Composed by a virtuoso wordsmith, that mesmerizing opus instructions readers on a psychological odyssey, gently revealing the latent possible and profound affect stuck within the complex web of language. Within the heart-wrenching expanse of this evocative evaluation, we shall embark upon an introspective exploration of the book is key themes, dissect their fascinating writing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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