

Further Information and Resources

www.actiononsalt.org.uk

Consensus Action on Salt and Health (CASH) - Site contains information on salt and health, tips on how to eat less salt and details of campaigns and resources available - factsheets, leaflets and posters.

www.bda.uk.com/foodfacts

British Dietetic Association - Site offers a range of diet related fact sheets including Salt.

www.eatwellscotland.org

Food Standards Agency - Site provides information and practical tips on how to make healthier food choices for a healthier diet. It has healthy eating advice for various ages and stages of life. There is also information on basic food hygiene, keeping food safe and food labelling.

www.nhs.uk

NHS Choices - Search 'Salt the facts' for more information on foods that are high in salt, how much your daily salt intake should be and how to understand food labels.

www.nhsforthvalley.com/healthpromotion

NHS Forth Valley Health Promotion - Choose 'Nutrition' to view more information on healthy eating and to download a range of nutrition resources.



Scan this QR code to search.

www.nhsforthvalley.com/healthpromotion

We are happy to consider requests for this publication in other languages or formats such as large print. Please call 01324 590870 (Monday – Friday 8.00 am to 5.00 pm), fax 01324 590867 or email nhsfv-alternativeformats@nhs.net

Developed by Department of Nutrition and Dietetics and the Health Promotion Department
© June 2006 Revised January 2013

The NHS Forth Valley logo, featuring the NHS logo and the text 'NHS Forth Valley'.

Sprinkle less salt...
taste more

Halt the Salt

Many of us in the UK eat too much salt. As adults our average salt intake is 8.6g a day (about 2 teaspoons). We should be having much less than this.

- * The recommended salt intake for adults is just 6g per day - about a teaspoon!
- * Babies and children should have much less.

For more information on salt and further details on the recommended limits refer to the websites overleaf.



Eating too much salt can increase your risk of developing high blood pressure.

And high blood pressure increases your risk of heart disease and strokes.

Reduce your salt intake:

- * Reduce your intake of salty snacks - crisps, salted nuts, salted popcorn or salted biscuits.
- * Cut back on salty foods such as cheese, bacon, pickles and smoked fish.
- * Choose foods labelled 'No Added Salt' or 'Reduced Salt'.
- * Watch out for cooking sauces and seasonings like soy sauce - some of these are very high in salt.
- * Instead of salt try using herbs, spices, chillies, pepper, garlic, ginger, lemon and lime juice.

Sprinkle Less... Taste More

WATCH OUT!

Most of the salt you eat (75%) is hidden in processed foods.

Check the labels of products such as bread, breakfast cereals, packet soups, sauces and ready meals.

Choose lower salt options.

CUT DOWN ON SALT

Reducing average salt intake by 1g per day could help prevent at least 2,600 deaths from stroke every year.

Avoid Adding Salt

Don't add salt when cooking or at the table and taste food before seasoning.

How to look out for SALT when you're shopping.

The traffic light colours on food labels make it easy to see if a food is low (green), medium (amber) or high (red) in salt.

Or check the label to see how much salt is in the food per 100g and use the following table as a guideline:

	What's LOW? (per 100g)	What's HIGH? (per 100g)
Salt	0.3g or less	1.5g or more
Sodium	0.1g or less	0.6g or more

Some labels give a figure for sodium instead of salt.
Multiply sodium by 2.5 to find out the salt level.