



SALT (Sodium)

~Newsletter 3 ~

Salt (sodium) is used to season our food, preserve and keep food safe from spoiling. Salt is added to manufactured and processed foods.

Food low in salt



Fresh Fruit and vegetables



Fresh meat, fish & chicken



Beans and lentils

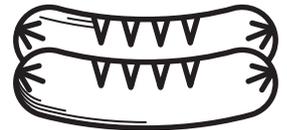


Unprocessed cereals, rice, oats, quinoa

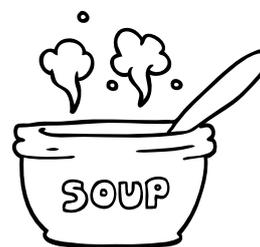
Foods high in salt



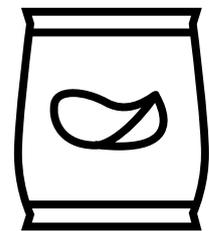
Cheese



Bacon, sausages, peperoni, ham, salami



Packed soup, noodles, canned foods with salt



Crisps, pastries, nuts, popcorn,

- We are not born liking salty foods, this is developed over time as we get older and get used to salt in food.
- Sea salt or Rock salt or other salts - are all types of salt

Tips for decreasing your salt consumption

- Add less salt, sauce, soy, Maggi's® seasoning when you're cooking
- Reduce processed meats
- Limit takeaways
- Use pepper, spices, lemon juice, garlic and tomatoes to add flavour to food instead



SCAN ME