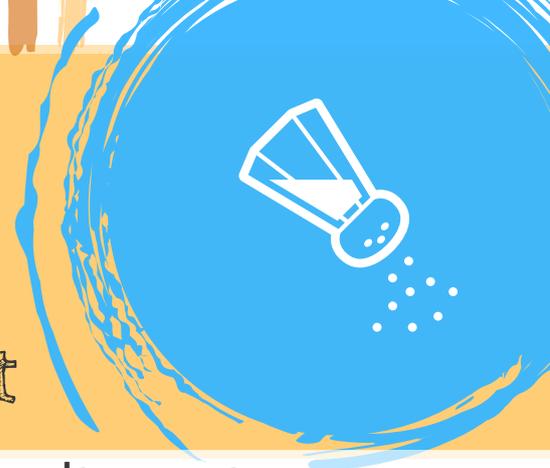


# SALT



## How to reduce salt in your diet



- Salt is added to food to 'season' it. Most of the salt we eat comes from manufactured and processed foods.
- Too much salt leads to high blood pressure which increases the risk of heart disease, stroke and other conditions.
- Click the link in the QR code to watch a video about salt and your health.

Stop adding salt at the table or whilst you are cooking. Rock, sea or Himalayan salt are all types of salt



Eat less processed meat such as bacon, sausage and salami



Use sauces (e.g. soy, Maggi's gravy, ketchup) in moderation



Scan the QR code to find more ideas on how to reduce your salt intake

Check the traffic light labels, can you find a lower salt option?

Use pepper, spices, garlic and lemon to add flavour.



	Low	Medium	High
Salt	0g - 0.3g	0.31g - 1.5g	More than 1.5g
Sodium	0g - 0.1g	0.1g - 0.6g	More than 0.6g