



**Salt...**  
are you eating too much?



see overleaf 



## > Salt Intake and Health

- Too high a salt intake is linked to high blood pressure and an increased risk of stroke and heart disease.
- Adults should aim to eat less than 6g, about one teaspoon, of salt per day (adults currently eat on average 8g per day). Children are recommended to eat less salt than adults.

AGE	MAXIMUM SALT PER DAY
0 - 6 months	Less than 1g /day
6 - 12 months	1g /day
1 - 3 yrs	2g
4 - 6 yrs	3g
7 - 10 yrs	5g
11 yrs and older	6g

## > Reading Labels

- Most of the salt we eat comes from processed foods. Reading labels can help us become more aware of our salt intake, and help us to make healthier choices.
- New front of pack labels are colour coded to tell us at a glance whether the product has a high (red), medium (amber) or low (green) salt content.
- The label will also tell you how much of the product it is referring to – it could be all of the product, or only part of the product.
- If you're looking at a more detailed food label (found on the back or side of a packet) the following table will help you decide whether the product has a high salt content or not.

Salt Label	Low	Medium	High	
	0g - 0.3g/ 100g	0.3g - 1.5g/ 100g	More than 1.5g/ 100g	More than 1.8g/ portion

## > Ideas to help reduce your salt intake

- Generally try to eat less processed foods, and use fresh foods where possible.
- Cut down on salty snacks like crisps and nuts, and heavily salted foods such as bacon, cheese, pickles, smoked fish and processed convenience meals.
- Cut down on ready made sauces like soy sauce and packet sauces, as they are usually very high in salt.
- Add less salt when cooking, and try to avoid adding extra salt at the table.
- Stock cubes are high in salt – make your own stock or use herbs and spices for flavour instead.
- Use pepper, herbs and spices, garlic, ginger, vinegar or lemon juice to give your food flavour. Check labels and choose products with a lower salt content.
- Choose canned vegetables and pulses that are marked 'no added salt.'
- Salt substitutes are not recommended, especially if you have heart, liver or kidney disease.

This publication is also available in large print and on computer disk. Other formats and languages can be supplied on request.

Please call Health Information Resources Service on **01224 558504** or email: [grampian.resources@nhs.net](mailto:grampian.resources@nhs.net)

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