

# SALT (Sodium)

## ~ POSTER ~

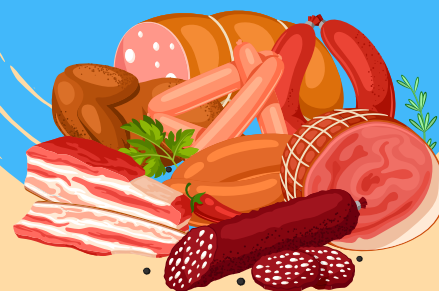


Salt is added to food to 'season' it. Most of the salt we eat comes from manufactured and processed foods. Too much salt leads to high blood pressure which increases the risk of heart disease, stroke and other conditions. Click the link in the QR code to watch a video about salt and your health.

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

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

Eat less processed meat such as bacon, sausage and salami



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



Use less sauce e.g. soy, Maggi's gravy, ketchup



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

	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



Created by the Healthy Lifestyle subgroup of North West and South East Coast and London CYP Network



# SALT (Sodium)

## ~ NEWSLETTER 1 ~

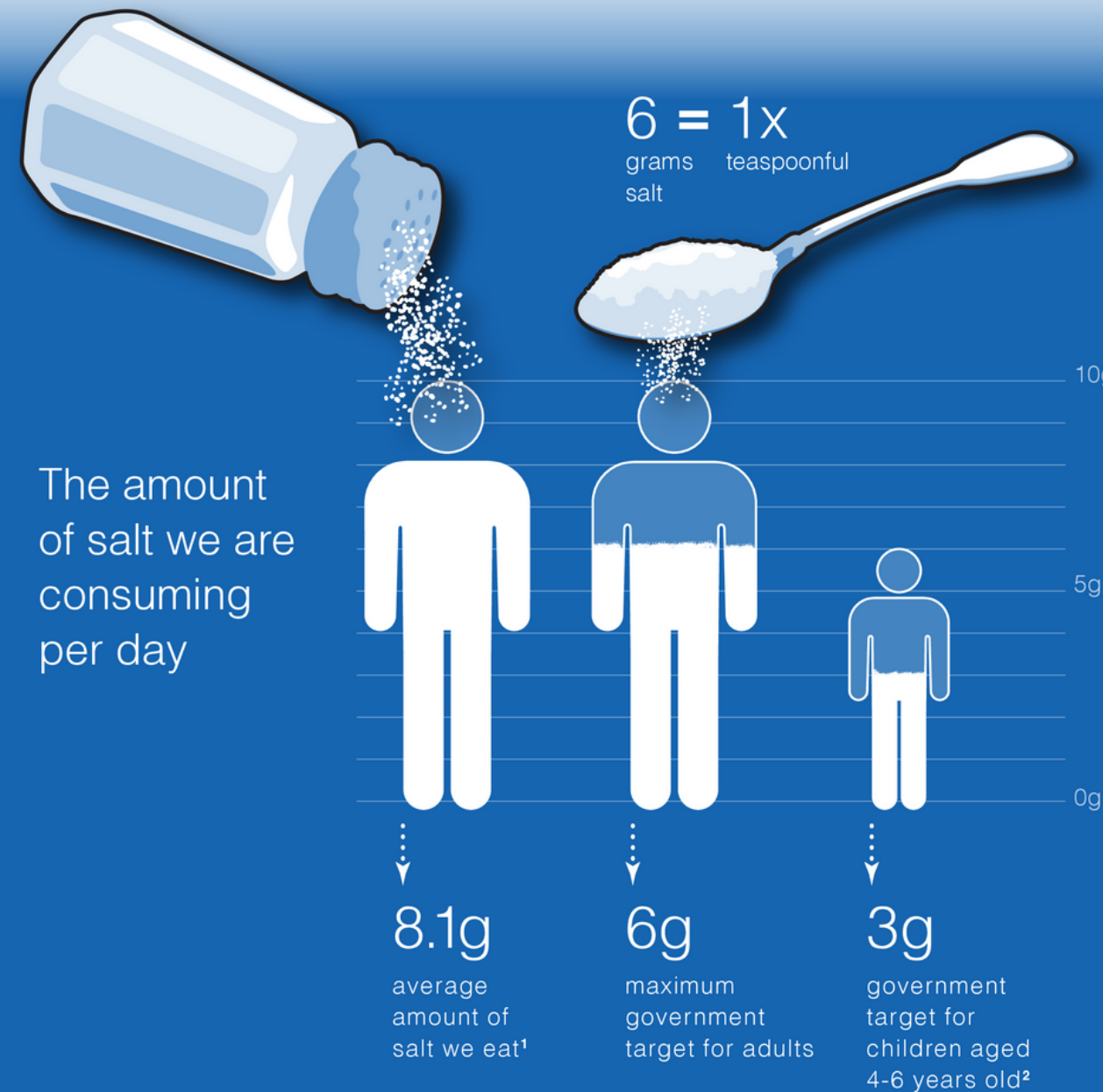


### WHY IS SALT IMPORTANT?

Salt controls the amount of fluid in our blood. More salt in our food means our blood holds on to more water and our blood pressure goes up.

High blood pressure increases the risk of Cardiovascular disease (CVD) including heart disease, stroke and heart failure.

High salt diets are also linked to stomach cancer, osteoporosis, kidney disease, obesity and bloating/water retention.



Watch this video that explains about benefits of having less salt in your diet

BHF: Why is too much salt bad?

Click this link to find foods to watch out for

Change4life Salty foods



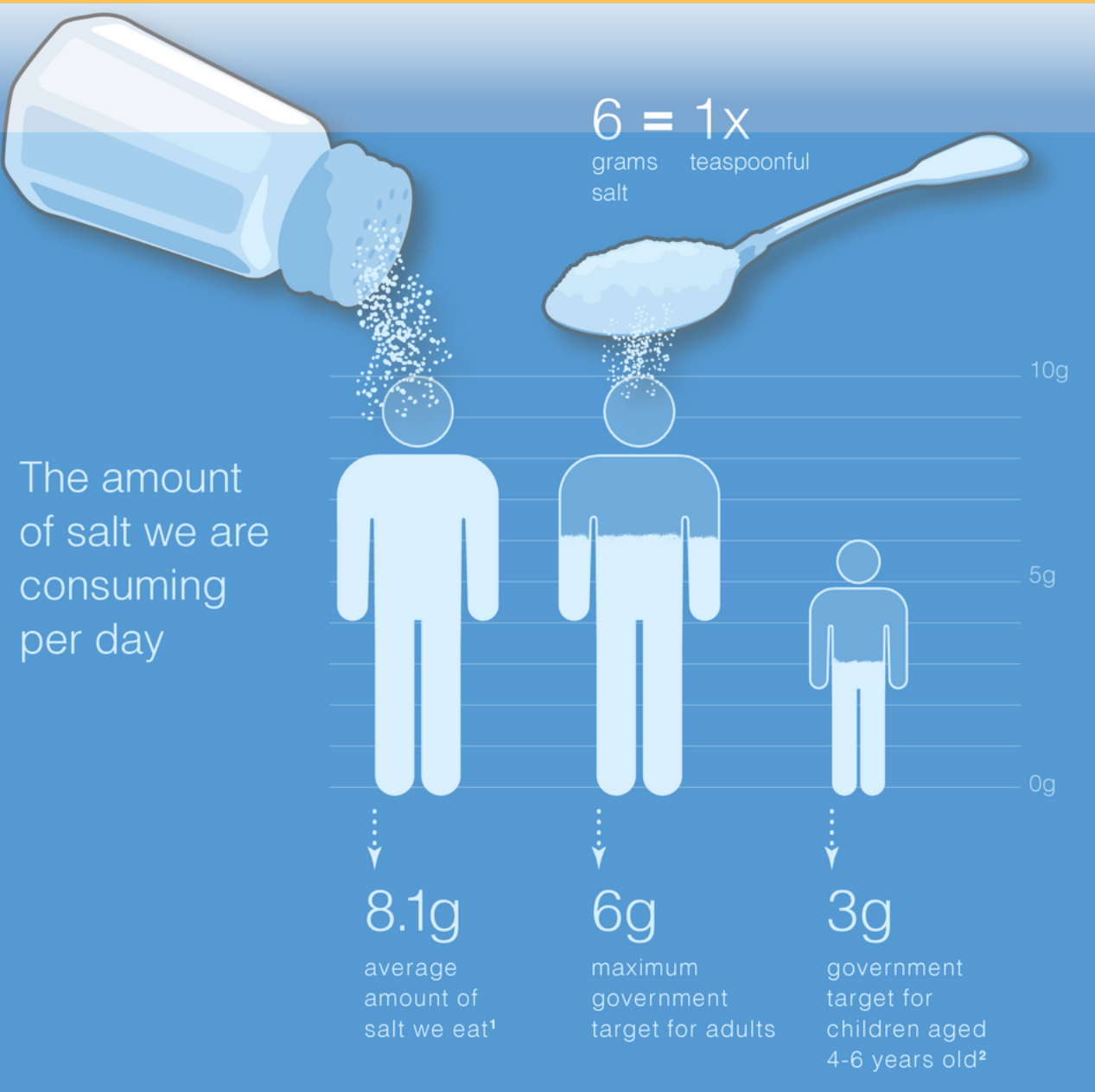
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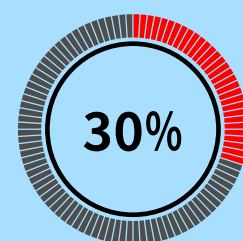
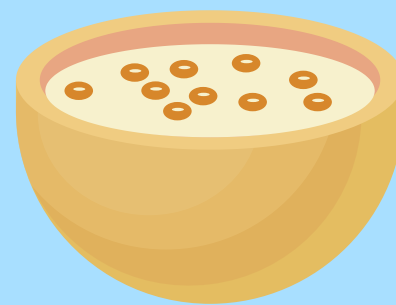
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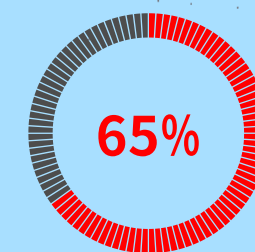
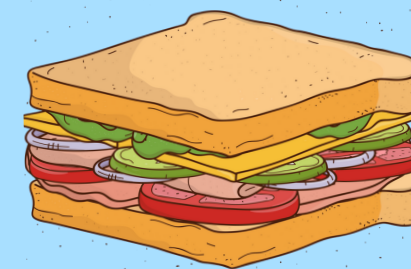


### HIGH SALT EATING PATTERN

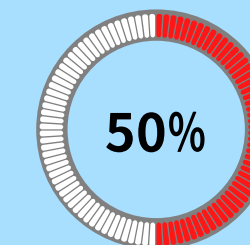
CEREAL - 1G



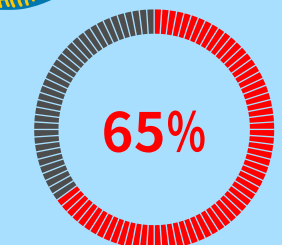
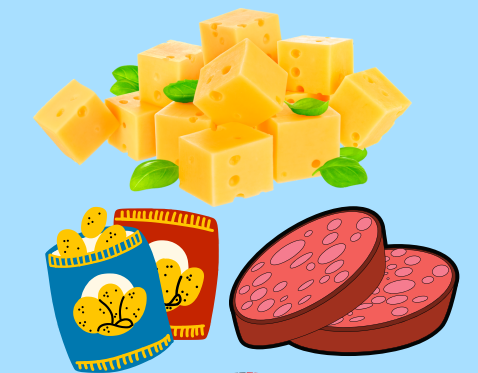
CHEESE AND HAM SANDWICH, CRISPS - 2G



PACKET NOODLES - 3G



SNACKS - CHEESE, PEPPERONI, CRISPS 2G



TOTAL: 8G SALT

THIS IS TOO MUCH FOR AN ADULT AND THIS IS 2.5 TIMES THE RECOMMENDATION FOR A 4-6 YEAR OLD



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# SALT (Sodium)


## ~ NEWSLETTER 2 ~



### MAKING REDUCED SALT SWAPS



Swap bacon and sausage breakfast for porridge or wheat bricks

Swap ham and cheese on bread for chicken and salad, fruit and veg




Swap crisps for unsalted nuts or rice cakes and avocado / cottage cheese




Reduce high salt sauces such as soy and Maggi's® and use more spices and recipes



#### HOW TO CHECK THE SALT CONTENT

	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

How much do you know about Salt? Take this quiz!



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# SALT (Sodium)

## ~ NEWSLETTER 3 ~



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

### 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, pepperoni, ham, salami



Packed soup, noodles



Crisps, pastries, nuts, popcorn

Salt is added to manufactured and processed foods.

Sea salt or Rock salt or other salts - are all types of salt

### Tips for decreasing your salt consumption

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



SCAN ME

[nhs.uk/healthier-families/food-facts/salt](https://nhs.uk/healthier-families/food-facts/salt)



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