



SALT (Sodium)

~Newsletter 2 ~

HOW TO CHECK THE SALT CONTENT

TABLE SALT IS SODIUM CHLORIDE

	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

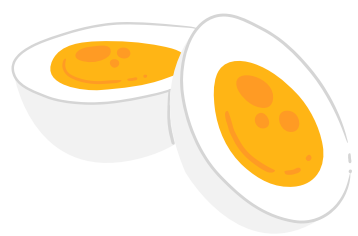
Typical Values	Per 100g (Grilled Bacon)	2 Rashers Bacon (grilled)
Salt	4.0g	1.46g
Sodium	1.5g	0.58g

These bacon rashers are high in salt

CAN YOU SWAP IT?



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 including soy and Maggi's® and use more spices and recipes



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

