

# Healthy Eating

## Salt

### Making the right food choices – how much salt is good for you? (Based on the amount of salt per 100g)

- 0.3g or less            Good choice of foods – eat plenty of these
- 0.3g to 1.5g            Eat these foods occasionally
- 1.5g or more            Avoid these food completely

### Healthy Eating Tips – 10 ways to eat less salt

- **Don't add salt when cooking** – this includes things like soy sauce, curry powder and stock cubes.
- **Add extra flavour to foods with herbs, spices and seasonings** - for example chilli, ginger, lemon or lime juice.
- **Choose low-salt options of table sauces** – ketchup, mustard and pickles can contain high levels of salt. Check the labels and go for the healthier options.
- **Check your bread and breakfast cereals** - these often contain a lot of salt, so check the labels to compare the brands.
- **Avoid smoked meats and fish** whenever possible as these contain a lot of salt.
- **When eating out, ask if your meal can be made with less salt** – this may not be possible, but it is always worth asking the question.
- **Use low-sodium salt substitute** if you still want food to have a salty flavour. However, only use it in small amounts and always check with your doctor or nurse if you have diabetes or kidney problems if you have it.
- **Cook using low-salt recipes.** Look out for low salt cookbooks available to buy or search the internet for low salt recipes.
- **Don't get too worried about the exact amount of salt you're eating.** Remember – six grams is the recommended maximum of salt you are allowed per day, but the less you eat the better.
- **Don't give up!** Food without salt can taste bland at first, but your taste buds will adapt to your change in diet within a few weeks. You may find yourself enjoying your food with less salt.