

# SALT AND HEALTH

Salt has an important role in our body, transporting water around and sending messages from the brain to the rest of the body. However, too much salt can lead to health issues such as raised blood pressure and higher risk of a heart attack, kidney disease and stroke.

So, read on to see how you can reduce your salt intake...

Many foods don't seem salty but can contain hidden salt. We may add salt to our food during cooking or before we eat it but **75% of the salt we consume is already added to the food we eat**, especially processed foods such as crisps, biscuits, ready meals soups and pasta sauce.

## **BE SALT AWARE**

- Use little or none in cooking. Try and get used to using more herbs and spices
- Don't add salt to your food at the table
- Cut down on salty processed foods and ready meals
- Check out food labels for salt. If the amount of salt is red, then don't select it

## **FOODS TO BE AWARE MAY BE HIGH IN SALT**

- Ready-made and powdered soups
- Salted meats and processed meat products such as ham, bacon, sausages, pate and salami
- Ketchup, soy sauce, mayonnaise, pickles
- Smoked meat and fish
- Cheese
- Salted snacks such as crisps and nuts
- Bread, biscuits and breakfast cereals



## **WHAT'S THE DIFFERENCE BETWEEN SODIUM AND SALT?**

- Salt is a chemical called sodium chloride and some foods will show the sodium content on their labels rather than salt.
- If you see sodium on the label then 1gram of sodium means it contains 2.5 grams of salt so be aware when looking at the packaging.