



World Salt Awareness Week

11th - 17th March 2013
www.worldactiononsalt.com



A recipe for a tastier and healthier life

- To taste food as it really should taste, use less salt (and less salty ingredients such as soy sauce, stock cubes, and powdered seasoning) and more tasty ingredients such as ginger, lemon, chilli, garlic and fresh herbs
- This will lower your blood pressure and the risk of stroke, heart disease, heart attacks as well as osteoporosis, kidney disease and stomach cancer
- We are meant to eat less than 5g salt per day - less than a teaspoon, but we are eating much more
- Cook vegetables and carbohydrates, such as potatoes and pasta, without adding salt
- If the recipe says to 'season to taste' or 'add salt' – just leave out the salt!
- Leave the salt shaker in the kitchen cupboard, not on the dining table

LOW

less than
0.3g/100g
salt

MEDIUM

between 0.3
to 1.5g/100g
salt

HIGH

more than
1.5g/100g
salt

Try to use more

Herbs
Spice
Lemon
Pepper
Chilli
Garlic
Ginger
Low salt stock

Try to use less

Bacon
Cheese
Ready made stock
Tomato ketchup
Mustard
Soy sauce
Ham
Ready made sauces

Sodium

Salt is also called sodium chloride. It's the sodium in salt that can be bad for your health. Sodium, or salt, is usually listed in the nutritional information on food labels

Salt = sodium x 2.5

e.g. 1g sodium = 2.5g salt

Ask for...

Less salt please