<u>Fact sheet - salt</u>

On average, we eat about 10 grams of salt a day. That's 2 whole tea spoonful's. More than half the salt we eat is added by food manufacturers during food processing, less than a quarter is added either during cooking or at the table and the remaining quarter is naturally present in food.

Everyone needs some salt, but some people don't actually *need* more than 1 gram a day.   As long as you eat a variety of food, you'll get plenty of salt without having to add any extra. Reducing salt will lessen your taste for it.

For some people, eating too much salt can lead to high blood pressure, which in turn causes heart disease and strokes. At the moment, there is no way of knowing in advance which people are likely to be affected by salt in this way.   If you want to play safe, cut down on the amount of salt you eat.

- use less salt in cooking
- flavour your food with lemon juice, herbs, spices or mustard instead of salt
- try to get out of the habit of adding salt to food at the table
- cut down on salty snack foods like crisps, salted nuts and other nibbles
- if you buy tinned vegetables, buy the ones marked 'no added salt'
- cut down on salted meat and fish such as bacon, gammon, salt beef and salt mackerel
- use less tinned and packet soups. Try making your own homemade soups instead
- salt substitutes are better than ordinary salt, but most still contain some salt and they don't help you lose your taste for it. Sea salt does contain traces of minerals which ordinary salt doesn't, but sea salt is not better than ordinary salt for your blood pressure.