

Do not add high salt products to foods during cooking or at the table

When cooking foods:

- Do not add salt to the cooking water when you cook foods like potatoes, carrots, pasta and rice – the food will then be higher in salt
- If you really can't give up salt use a lower sodium version, eg, Lo-Salt®, Solo Sea Salt™ (sold in many supermarkets). If you have kidney problems check with your doctor before using these

Avoid using the following high-salt products to flavour foods:

- Table salt, sea salt, rock salt, garlic salt
- Stock cubes, soy sauce, gravy granules, ready-made mustard, pickles, sauces like ketchup or brown sauce
- Curry powders and some spices often have added salt – check the label

Flavour your food instead using:

- Herbs and spices, pepper, lemon juice, vinegar, onions, garlic, ginger, chillies etc.

You'll be surprised how quickly your taste buds adapt to low-salt foods. Try cutting out salt for just 2 to 3 weeks and then eat something salty – you probably won't enjoy it any more!

How to eat less salt



Supported by



For more information and help with managing high blood pressure become a member of the Blood Pressure Association (BPA). For more details call the membership team on 020 8772 4983, or write to us at:

Blood Pressure Association
60 Cranmer Terrace, London SW17 0QS
www.bpassoc.org.uk

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*A guide to lowering your blood pressure
by reducing the amount of salt you eat*



Why should I lower the amount of salt I eat?

Eating too much salt is linked to several conditions, including:

- High blood pressure
- Osteoporosis (bone thinning)
- Stomach cancer
- Stroke

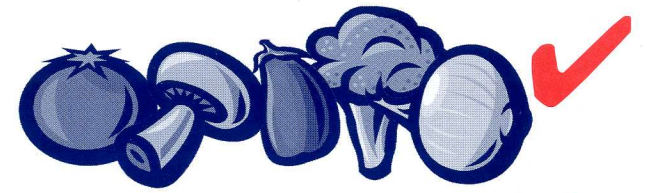
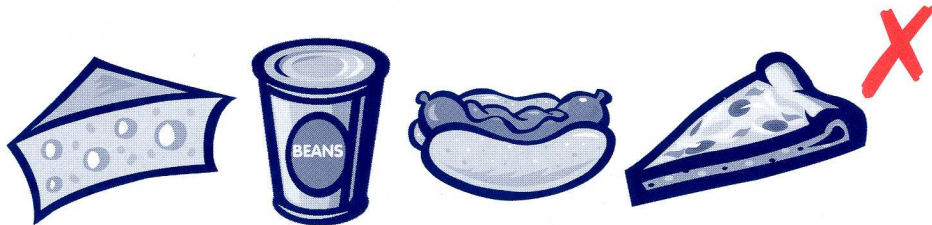
Eating less salt lowers your chance of getting these conditions. If you cut down on salt, **your blood pressure levels should drop**, and you will be at less risk of a heart attack or stroke, even if you do not have high blood pressure.

All adults should eat less than 6 grams (g) of salt a day – for most people this means **cutting salt intake by half**. Targets for children are much lower, eg, children aged four to six should only eat up to 3g salt per day. Use the following tips to help you and your family to eat less salt.

Avoid processed foods

Three-quarters of the salt in our diet is from processed foods like those listed below; avoid these foods altogether or choose low-salt versions if available:

- Bread, sandwiches
- Tinned and packet soups
- Fast foods like hamburgers, Chinese & Indian takeaways
- Salted, smoked or tinned fish
- Most breakfast cereals
- Biscuits, cakes and crackers
- Meat products eg, bacon, sausages, tinned meat
- Baked beans
- Cheese
- Ready-made meals eg, pizzas, pasta dishes, curry
- Snacks – crisps, peanuts, etc
- Instant foods eg, noodles
- Yeast extract eg, Marmite



Eat more natural foods

Natural foods contain little or no salt. Choose:

- Fruits, vegetables, pulses (fresh, frozen, dried or tinned with no salt)
- Starchy foods like potatoes, cassava, yam and grains, eg, oats, rice
- Fresh fish, plain chicken and lean meat, eggs, unsalted nuts & seeds
- Low-fat and low-salt dairy produce like natural yoghurt, skimmed milk

Look at food labels when buying foods

Sometimes sodium is listed on food labels instead of salt. Sodium is one part of salt (sodium chloride). So, if the label lists sodium, to work out the amount of salt from the sodium content you should multiply it by 2.5 (since 1g of sodium = 2.5g salt). If this sounds a little complicated use the following table as a guide:

Low	Moderate	High
Less than 0.25g salt (0.1g of sodium) per 100 grams	Between 0.25g salt (0.1g sodium) and 1.25g salt (0.5g sodium) per 100 grams	More than 1.25g salt (0.5g sodium) per 100 grams

Foods that contain:

Low amounts of salt are the best choice – you can eat lots of these

Moderate amounts of salt should only be eaten occasionally and in small amounts

High amounts of salt are best avoided

Check the food label to see if it lists the amount of salt per serving or in the whole pack. You may not be eating the whole pack, so you may need to work out how much salt is in the amount of food you are eating. Remember the target of 6g of salt a day or less – some ready meals contain even more than this in a single serving!

If there is no label telling you how much salt or sodium is in the food, look at the ingredients list. The closer to the top of the list salt/sodium is, the higher in salt it is likely to be.