

Shopping List

REMEMBER! 75% of salt eaten is hidden in processed foods. Try to cook from fresh. Try baking your own bread **without** salt.

Make your own sandwiches using **lower salt fillings** such as fresh chicken and lots of salad.

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REMEMBER! Check food labels for salt content and to compare products. Swap salty snacks for low salt alternatives such as fruit.

Use fresh, frozen or dried **herbs, spices, chilli, garlic lemon** or **lime juice** to add flavour instead of salt.

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Try to vary packed lunches to include **lower salt** products such as a boiled egg with salad, raw vegetables sticks and fresh fruit.

Choose tinned vegetables, pulses and fish that say '**no added salt**'.

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Try to **avoid high salt content** foods ie more than 1.5g salt in 100g. (or 0.6g sodium/100g)

Eat **more foods which are low in salt** less than 0.3g salt in 100g (or 0.1g sodium/100g)

Don't be fooled by sea salt, rock salt garlic, celery salt they are just as bad for you as table salt.

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