



Home

Welcome to the OxSalt website. This site is designed to help you to reduce the amount of salt you eat.

There is lots of information and tools to help you reduce the amount of salt in your diet.

The key steps are

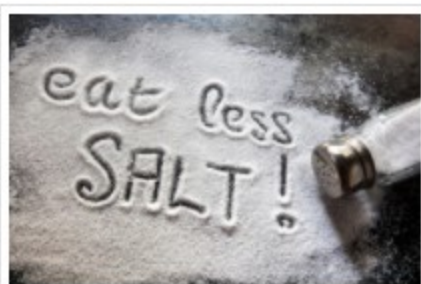
- understand why we need to reduce our salt intake
- know how much salt you eat
- understand food labels
- know how to make healthier choices



— Healthy alternatives to salt.

There are lots of useful links that will help guide you in reducing your salt intake and you might want to have a look at some of them [here](#).

As a start, why not watch the [NHS 'Say No to Salt' video](#).



Salt was introduced into our diet to preserve food before refrigerators and freezers were available. However, it is not good for our health and there is real benefit from lowering the salt content of the food we eat.

This site is designed to involve you, so do please add comments or post your views, thoughts, tips or even recipes by using the 'Reply' box below.

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Why lower salt?

Food does not need to have any salt added to it either during cooking or when eaten.



Salt can raise blood pressure leading to strokes and heart disease. Lowering salt intake lowers blood pressure and so reduces the risk of stroke and heart disease.

For people with kidney disease, lowering salt intake can slow the deterioration in kidney function.

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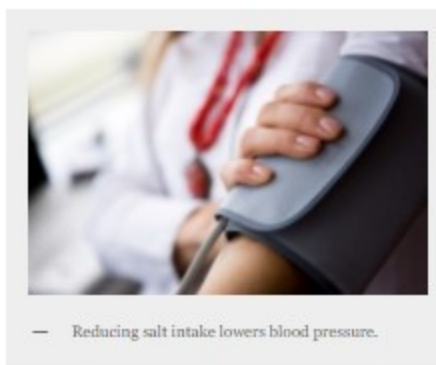
Blood Pressure

There is very good evidence that salt can make your blood pressure higher. High blood pressure has many bad effects. It makes it more likely that you will have a stroke, a heart attack, develop kidney failure. High blood pressure can also cause damage to other blood vessels including those in your eyes.

If you already have high blood pressure and are on treatment for it, then lowering your salt intake can help to reduce the amount of medication that you need to control your blood pressure.

Read what the **Blood Pressure Association** says about salt [here](#).

Read what the **British Hypertension Society** says about salt [here](#).



— Reducing salt intake lowers blood pressure.

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Heart Disease



— Lowering salt lowers your risk of developing heart disease.

Salt raises blood pressure. High blood pressure causes heart disease, including heart attacks, angina and heart failure.

If you can lower your salt intake you will lower your blood pressure and so reduce the chance of getting heart disease.

If you already have heart disease, lowering your salt intake will help to lower your blood pressure and so reduce the strain on your heart.

If you already have heart failure, lowering your salt intake may help to reduce the amount of swelling or oedema that you experience. The oedema happens because your kidneys are not able to get rid of all the salt that you are eating.

Read what the **British Heart Foundation** says about salt [here](#).

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Strokes

Salt raises blood pressure. High blood pressure causes strokes and mini-strokes or transient ischaemic events (TIAs).

If you can lower your salt intake you will lower your blood pressure and so reduce the chance of having a stroke.

If you have already had a stroke, lowering your salt intake will help to lower your blood pressure and so reduce the chance of having a further stroke.

Read what **NICE** says about lowering salt [here](#).



- Lowering salt intake can lower blood pressure and reduce your risk of stroke.

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Chronic Kidney Disease



— Be aware of the effects of salt on your kidneys.

A high salt intake can make kidney function deteriorate more quickly than it would otherwise. This means that for people with chronic kidney disease, lowering salt intake can help to keep the kidneys working well for longer.

This is partly because salt raises blood pressure and high blood pressure is very bad for kidneys. However, the kidney is the organ that removes salt from the body and a high salt intake seems likely to have a direct effect on kidney function.

If you have advanced chronic kidney disease (CKD) then your kidneys may find it difficult to get rid of the salt that you eat. If this salt accumulates then water will accumulate with it in your body. This causes oedema or swelling, especially of your ankles. It can also cause your blood pressure to rise.

If you have CKD, you may be given a diuretic (or 'water tablet') to help your kidneys to remove the salt from your body. By helping your kidneys to remove the salt, it helps to remove the water with it. As a result you may notice that you pass more urine than normal after taking the tablet. Commonly used diuretics are furosemide (previously called frusemide), bumetanide and bendroflumethazide (previously called bendrofluazide).

If your kidney is struggling to eliminate the salt that you are eating, then it makes sense to try to reduce the salt you are eating and so make it easier for your kidneys to do their job.

Read what Kidney Research UK says about salt [here](#).

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Cancer

A high salt intake increases the risk of stomach cancer. You can read a BBC news article and watch a video about this [here](#). A [study](#) by Cancer Research UK has previously shown that a high salt intake doubles the chance of getting stomach cancer.

The [World Cancer Research Fund](#) estimates that reducing salt intake to 6g would prevent over a thousand cases of stomach cancer each year in the UK.

Salt also increases the risk of stomach ulcers and has effects on the [bacteria](#) that cause [stomach ulcers](#).



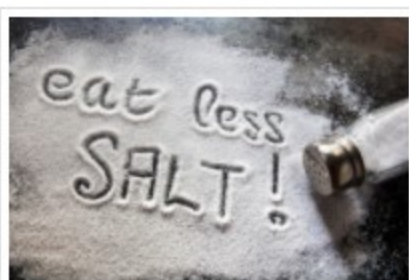
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Stomach Ulcers

A high salt intake increases the risk of stomach ulcers. Stomach ulcers are usually caused by a bacterial bug that can irritate the stomach lining. Salt alters the properties of this bug in a way which seem to make it more likely to cause ulcers. You can read about this on the [BBC website](#).



Remember to look at the label to see how much salt is in the food you are eating.

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How to lower salt

Now you are convinced that you should lower your salt intake, then the next step is to think about the different ways that you can do this.

The OxSalt website provides lots of tips and advice about how to do this and it is worth looking around the site to see which of the suggestions you find helpful.

A good place to start is the OxSalt guide to reducing salt in your diet. You can read or download it [here](#).

Try using herbs, spices or ingredients such as lemon, ginger, garlic or chilli to



— Halve your salt intake



— Herbs and spices are great alternatives to salt.

enhance the flavour of your food instead of salt.

If you have good suggestions that you think other people would

benefit from, do post them to the site.

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Seasoning recipes

Instead of salt why not try some of the following seasoning suggestions when you are next cooking. Combine all the ingredients in a small bowl and blend or mix them well. Spoon them into a shaker such as a salt shaker. Store them in a cool, dark place.



Spicy blend

- 1/4 tsp freshly ground white pepper
- 1 tbsp dry mustard
- 1/4 tsp ground cumin
- 1 tsp onion powder
- 1/2 tsp garlic powder
- 1/4 tsp curry powder

Salt-less surprise

- 2 tsp garlic powder
- 1 tsp dried basil
- 1 tsp oregano

Spicy seasoning

- 1 tsp cloves
- 1 tsp peppercorns
- 2 tsp paprika
- 1 tsp coriander seed (crushed)
- 1 tbsp rosemary

Herb seasoning

- 2 tbsp dried dill or basil
- 1 tsp celery seed
- 2 tbsp onion powder
- 1/4 tsp (pinch) dried oregano leaves, crumbled freshly ground pepper

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Eating out tips

If you eat out on a regularly, you may want to consider the following points:



Appetizers

- Select fresh fruit or vegetables
- Avoid soups and broths
- Choose salads and order salad dressings on the side and use small amounts of them
- Avoid cured meats, seasoned croutons, cheeses, salted nuts

Main courses

- Select meat, poultry, fish or shellfish choices that include the words boiled, grilled or roasted
- Ask for gravy or sauces to be served separately and use in small amounts
- Select plain vegetables, potatoes or noodles
- Ask if food can be cooked without adding salt
- Avoid restaurants that do not allow for special food preparation (such as buffet style restaurants or fast food chains)
- Avoid salted condiments and garnishes such as olives

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My Salt Intake

It is useful to have some idea of how much salt you are eating and which foods contain the most salt. The recommendation is that we should eat less than 6 grams per day.

This website should help you to understand your diet and make adjustments to reduce your salt intake and improve your health.

Try using the food diaries from time to time to monitor your salt intake. You can download printable versions [here](#).



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Food diaries

Food diaries can be very useful if you want to check how much salt you are eating.

You don't need to keep a diary all the time, but occasionally it is useful to review everything you ate on a particular day to get an idea of the amount of salt that you are eating.

The simplest approach is just to carry a diary sheet around with you and jot down what you eat.

- If the food has a label on it, then make a note of the amount of salt in it.
- If it doesn't have a label, then make a note of how much of it you eat and then you can work out how much salt is in it later on from our food tables.

There is a printable food diary sheet [here](#) if you need one.

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Salt vs Sodium



— Know how much salt you eat.

Salt is made of two parts, sodium and chloride. Some food labels state how much salt is in the food and some food labels state how much sodium is in the food.

If there is a lot of salt or a lot of sodium in one particular food, this may take you over your recommended daily salt intake of **less than 6 grams per day**.

There are plans for all food in the UK to be labelled with the amount of salt and not the amount of sodium.

However, until this happens you can convert sodium to salt using our web [salt calculators](#). To convert sodium to salt multiply by 2.5.

If a food contains 1 g of sodium then it contains 2.5 g of salt.

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Understanding food labels

Food labels can be confusing, but can be a useful way of working out how much salt the food contains. Make a habit of looking at the food labels before you decide to buy or eat something.



— Check your food labels.

Remember that the amount of salt you eat also depends on the portion size of the food you eat.

Add image of food label(s).

Some food labels use the traffic light system to help us make healthier choices. The traffic light system gives information on salt as well as fat, sugar and calories, labelling for high, for medium and for low content. Choosing foods with more green and amber than reds, helps us make healthier choices.

Add image of traffic light food label(s).

Why not try using our handy shopping guide to find lower salt alternatives to salty foods. You can look at it or download it [here](#).

There is a more complete list of foods and their salt content and you can look at it or download it [here](#).

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Portion size matters

Remember that the amount of salt you eat also depends on the portion size of the food you eat.

If you eat a lot of a food that contains a moderate amount of salt then the total amount of salt that you eat may be substantial.



— Know how much salt you eat.

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Sodium and Salt Calculators

- 1. To convert sodium to salt
- 2. To convert salt to sodium
- 3. To calculate the amount of sodium and salt in a portion from sodium values
- 4. To calculate the amount of sodium and salt in a portion from salt values

1. Sodium to salt converter

Type in values and then click the "Calculate Now" button or click anywhere on the screen outside the boxes.

Amount of sodium in milligrams (mg)

The amount of salt in milligrams (mg) is:

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2. Salt to sodium converter

Type in values and then click the "Calculate Now" button or click anywhere on the screen outside the boxes.

Amount of salt in milligrams (mg)

The amount of sodium in milligrams (mg) is:

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3. Calculate the amount of sodium and salt in food from sodium values

Type in values and then click the "Calculate Now" button or click anywhere on the screen outside the boxes.

Amount of sodium in grams (g) per 100g of food

Size of portion in grams (g)

The amount of sodium in grams (g) in the portion is:

The amount of sodium in milligrams (mg) in the portion is:

The amount of salt in grams (g) in the portion is:

The amount of salt in milligrams (mg) in the portion is:

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4. Calculate the amount of sodium and salt in food from salt values

Type in values and then click the "Calculate Now" button or click anywhere on the screen outside the boxes.

Amount of salt in grams (g) per 100g of food

Size of portion in grams (g)

The amount of sodium in grams (g) in the portion is:

The amount of sodium in milligrams (mg) in the portion is:

The amount of salt in grams (g) in the portion is:

The amount of salt in milligrams (mg) in the portion is:

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Welcome to the OxSalt website. On this page you will find recent postings. Please explore the site and let us know what you think and any tips or ideas that you want to share.

Surprisingly salty foods

Posted on [July 27, 2014](#) by [chris ocallaghan](#)

The British Heart Foundation have produced a good summary of some foods that are surprisingly salty.



— Check your food labels.

Have a look at this page on their website – <http://www.bhf.org.uk/heart-matters-online/july-august-2014/nutrition/salty-surprises.aspx>

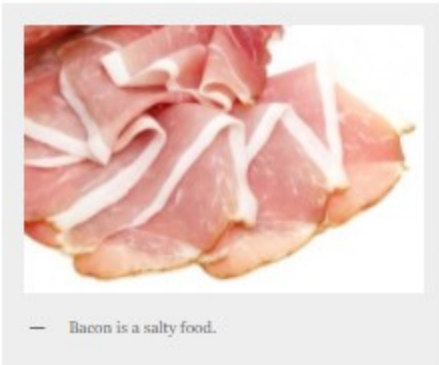
Posted in [Salt in the News](#)

Salty bacon in the news

Posted on [August 28, 2013](#) by [chris ocallaghan](#)

Bacon is a high salt food and if you are trying to lower your salt intake it is sensible to avoid bacon or lower your bacon intake. However, new data indicates that some bacon products contain much more salt than others.

For more information see this [link](#).



— Bacon is a salty food.

Posted in [Salt in the News](#)

ARCHIVES

- [July 2014](#)
- [August 2013](#)
- [September 2012](#)
- [July 2012](#)
- [June 2012](#)

META

- [Log in](#)



OxSalt Booklets etc.

The OxSalt care bundle includes a range of useful resources that you can read and print out if you wish. Click the links below.

The OxSalt Booklet

The OxSalt Lowering Salt for Health booklet gives you an overview of why and how you can lower your salt intake. You can download or read the booklet [here](#).



Quick Reference Shopping Guide

Why not try using our handy shopping guide to find lower salt alternatives to salty foods. You can look at it or download it [here](#).



Salt Content Portion Table

If you know the amount of salt in 100g of a food and you have a rough idea of the size of the portion that you are eating, then this handy table tells you how much salt is that portion. You can look at it or download it [here](#).

Detailed Guide to the Salt Content of Foods

There is a more complete list of foods and their salt content and you can look at it or download it [here](#).



Food Diary

Food diaries can be very useful if you want to check how much salt you are eating. You can download a printable food diary sheet [here](#).



OxSalt Presentation

If you are taking part in the OxSalt study there is a copy of the presentation that you will have been shown when you entered the study [here](#).



OxSalt study Instructions

How to do a 24 hour urine collection – [click here](#) for our web page with instructions or – [click here](#) for a printable set of instructions.

How to measure and record your blood pressure – [click here](#).

Blood Pressure record sheet – [click here](#).

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