

OxSalt

Lowering Salt for Health



A guide to the salt content of foods

How to use this Guide

This guide contains tables showing the salt content of most common foods. You can use these tables to find out how much salt is hidden in the foods you eat. The tables are arranged by meal type and in food groups to help you find foods easily.

For each food the tables shows the weight of a typical portion, then the amount of salt in that portion. The last column is coloured and shows the percentage of the recommended guideline daily amount (GDA) of salt in that portion. The GDA for salt is **less than 6g per day**. You should aim to be well below this if possible.

To know how much salt is in the food you eat you need to know the portion size and then how much salt is in that portion. The tables are based on average portion sizes for each food. However, some people will eat larger portions, while others will eat smaller portions, so you will need to account for this. If you aren't sure about your portion size then you can weight it to check.



Remember that this is a guide and the salt content can vary between brands. Checking food labels for salt or sodium content is the best way to find out much salt is in the food that you eat. If the label only gives the sodium content then you can multiply this by 2.5 to get the salt content.

At the back of the booklet is an example meal plan, so you can see how making small changes can have a big impact on your daily salt intake.

There is more information and advice on the OxSalt website

Breakfast

Breakfast Cereals	Portion size	Salt content	% of GDA
Bran Flakes	30g	0.60g	10%
Cheerios	30g	0.37g	6%
Clusters	30g	0.37g	6%
Coco Pops	30g	0.34g	6%
Corn Flakes	30g	0.39g	7%
Crunchy Nut Corn Flakes	30g	0.45g	8%
Frosties	30g	0.45g	8%
Fruit 'n Fibre	30g	0.45g	8%
Grapenuts	45g	0.92g	11%
Muesli	60g	0.57g	10%
Muesli, with no added sugar & salt	60g	0.06g	1%
Nutri-Grain	37g	0.28g	5%
Oat Bran Flakes, with raisins	35g	0.52g	9%
Porridge	50g	0g	0%
Puffed Wheat	20g	0g	<1%
Ready Brek	30g	0.01g	<1%
Rice Krispies	30g	0.49g	8%
Ricicles	30g	0.34g	6%
Shredded Wheat (2)	45g	0.01g	<1%
Shreddies	45g	0.62g	10%
Special K	30g	0.60g	10%
Sugar Puffs	30g	0.01g	<1%
Sultana Bran	30g	0.45g	8%
Weetabix (2)	40g	0.27g	5%
Weetos	30g	0.22g	4%

less than
6 g

Breakfast

Cooked Breakfast Items	Portion size	Salt content	% of GDA
Back bacon (2 rashers)	50g	2.35g	39%
Baked beans – reduced salt (small tin)	200g	1g	17%
Baked beans (small tin)	200g	1.5g	25%
Egg (1)	50g	0.19g	3%
Jam / marmalade	15g	0.02g	<1%
Kipper fillet (medium)	125g	3.10g	52%
Marmite	5g	0.54g	9%
Omelette, cheese (2 eggs)	120g	0.71g	12%
Omelette, plain (2 eggs)	100g	0.38g	6%
Pancakes, savoury	110g	0.70g	12%
Sausage (1 medium)	30g	0.81g	18%
Smoked salmon	56g	2.63g	44%

Other Breakfast Items	Portion size	Salt content	% of GDA
Bagel (1)	90g	1.20g	21%
French stick (6 inch piece)	120g	1.80g	31%
Croissants (1)	50g	0.52g	9%
Crumpets (2)	80g	2.06g	34%
Hot cross buns (1)	50g	0.12g	2%
Malt bread, fruited (1 slice)	35g	0.21g	4%
Muffins, English, white (1)	70g	0.86g	14%
Pitta bread, white (1)	75g	0.82g	14%
Rye bread (1 slice)	25g	0.36g	6%
Soda Bread (1 slice)	40g	0.42g	7%
Toast (1 slice)	31g	0.42g	6%

Light meals

Light Bites	Portion size	Salt content	% of GDA
Bagel (1)	90g	1.20g	21%
French stick (6 inch piece)	120g	1.80g	31%
Bread (2 slices)	72g	0.9g	14%
Bread roll (small)	48g	0.64g	11%
Cream cracker e.g. Jacobs (2)	14g	0.21g	4%
Crispbread e.g. Ryvita (2)	20g	0.11g	2%
Jacket potato (medium with skin)	180g	0.05g	<1%
Pitta bread, white (1)	75g	0.82g	14%
Water biscuit e.g. Carrs (2)	16g	0.19g	3%

Match the items above with the appropriate filling below.

Light Bites	Portion size	Salt content	% of GDA
Cheese - Cheddar or Red Leicester	50g	0.84g	14%
Cheese - Double Gloucester	50g	0.84	14%
Cheese spread (e.g. Dairylea)	30g	0.81g	13%
Chicken	50g	0.1g	2%
Corned beef (1 slice)	40g	0.86g	14%
Cottage cheese	50g	0.37g	6%
Cream cheese (e.g. Philadelphia)	30g	0.22g	4%
Egg (1)	50g	0.19g	3%
Fish paste (small jar)	35g	0.52g	9%
Ham (1 slice)	25g	0.75g	13%
Hummus (1tbsp)	30g	0.50g	8%
Mayonnaise (1 tbsp)	15g	0.17g	3%
Pate, liver	40g	0.75g	13%
Peanut butter	20g	0.19g	3%
Prawns (cooked in salt water)	60g	2.39g	40%
Salmon, smoked	56g	2.63g	44%
Salmon, tinned	45g	0.45g	8%
Tuna in brine	45g	0.45g	8%
Tuna in spring water	45g	0.34g	7%

Other light bites

Lunches or Snacks	Portion size	Salt content	% of GDA
Cornish pasty	160g	1.6g	27%
Omelette, cheese (2 eggs)	120g	0.71g	12%
Omelette, plain (2 eggs)	100g	0.38g	6%
Quiche Lorraine (small slice)	95g	1.63g	26%
Pizza – cheese & tomato (bought)	100g	0.7g	12%
Pork pie	140g	2.27g	38%
Scotch egg	120g	2.01g	34%
Sausage roll (1 medium flakey pastry)	60g	0.77g	13%

Snacks

Savoury Snacks	Portion size	Salt content	% of GDA
Corn and starch snacks e.g. Skips	18g	0.59g	10%
Corn snacks e.g. Wotsits	25g	0.71g	12%
Peanuts, plain	50g	0.002g	<1%
Peanuts, roasted & salted	50g	0.5g	8%
Popcorn, plain	25g	0.002g	<1%
Potato crisps, low fat	40g	0.73g	12%
Potato crisps, ready salted	40g	0.8g	13%
Prawn crackers	30g	0.57g	10%
Salt 'n' Shake crisps (without the salt)	24g	0g	0%
Tortilla chips	50g	1.07g	18%
Twiglets	25g	0.84g	14%



Main Meals

The following information has been split into food groups - carbohydrate, protein and vegetables. Eating something from each food group ensures that you are eating a balanced diet. Sauces and stock cubes are also included.

Carbohydrates	Portion size	Salt content	% of GDA
Chapati (1)	55g	0.18g	3%
Chips (Chip shop NO added salt)	210g	0.19g	3%
Chips (frozen oven) small portion	165g	0.22g	4%
Naan bread (1)	160g	2.41g	40%
Pappadum (1)	12g	0.44g	7%
Pasta (dried)	75g	0g	0%
Potato, boiled in unsalted water (1)	60g	0g	0%
Potato, jacket with skin (1 medium)	180g	0.03g	<1%
Potato, instant mash (1 scoop)	60g	0.42g	7%
Potato, mashed (1 scoop)	60g	0.07g	1%
Potato, roast (2 small)	50g	0.02g	<1%
Rice	75g	0g	0%

Protein - meat and meat products	Portion size	Salt content	% of GDA
Beef, minced	140g	0.25g	4%
Beef, roast 3 slices	120g	0.19g	3%
Beefburger, chilled / frozen	85g	1.0g	17%
Chicken, roast breast 3 slices	120g	0.24g	4%
Faggots in gravy (2)	150g	2.02g	34%
Gammon steak, grilled	170g	5.01g	84%
Kidney / liver (pig / lamb)	100g	0.98g	16%
Lamb, roast 3 slices	120g	0.22g	4%
Pie - steak & kidney (chilled / frozen)	200g	2.30g	38%
Pork chops (1)	85g	0.15g	2%
Pork, roast 3 slices	120g	0.18g	3%
Sausage (2 large)	80g	2.2g	36%
Turkey, roast 3 slices	120g	0.27g	5%

Main Meals

Protein – fish and fish products	Portion size	Salt content	% of GDA
Calamari (batter)	120g	0.26g	4%
Cod / haddock (raw)	120g	0.21g	3%
Cod in breadcrumbs (frozen)	100g	1.20g	20%
Haddock in breadcrumbs	120g	0.87g	15%
Cod in batter	120g	0.87g	15%
Cod in batter (chip shop medium)	180g	0.72g	12%
Cod in parsley sauce (boil in bag)	170g	1.10g	18%
Crab meat (dressed crab 2 tbs)	80g	0.84g	14%
Fish finger (2)	56g	0.62g	10%
Kipper fillet, grilled (1 fillet)	130g	3.05g	50%
Lemon sole, grilled	170g	0.47g	8%
Mackerel in tomato sauce (tinned)	125g	0.78g	13%
Mackerel, smoked	150g	2.81g	47%
Pilchards in tomato sauce (tinned)	125g	0.91g	15%
Prawns (cooked in salt water)	60g	2.39g	40%
Salmon steak, grilled / steamed	100g	0.13g	2%
Salmon, smoked	56g	2.63g	44%
Salmon, tinned	100g	1.1g	18%
Sardines in brine (tinned)	100g	1.325g	22%
Sardines in tomato sauce (tinned)	100g	0.87g	15%
Scampi	170g	2.8g	47%
Trout (grilled)	120g	0.12g	3%
Smoked Haddock	120g	2.97g	50%
Seafood sticks 2	34g	0.60g	10%
Whitebait, fried	80g	0.46g	8%

Vegetarian Meals	Portion size	Salt content	% of GDA
Quorn mince	75g	0.25g	4%
Quorn pieces	75g	0.5g	8%
Quorn sausages (2)	90g	0.90g	14%
Tofu original	100g	trace	<1%
Vegeburger 1 grilled	56g	0.68g	11%

Main Meals

Vegetables	Portion size	Salt content	% of GDA
All-Bran	40g	0.85g	14%
Baked beans – reduced salt (small tin)	200g	1g	17%
Baked beans (small tin)	200g	1.5g	25%
Beetroot, pickled (1)	35g	0.11g	2%
Coleslaw (1 tbsp)	45g	0.18g	3%
peas canned (1 tbsp)	30g	0.19g	3%
Onions, pickled (1)	15g	0.17g	3%
Tomatoes, tinned (1/4 tin)	100g	Trace	<1%
Vegetables, canned (in salted water)	80g	Varies	>8%
Vegetables, canned (in water)	80g	Trace	<1%
Vegetables, fresh or frozen	80g	trace	<1%
Sweet corn kernels canned drained	30g	0.2g	3%

Sauces, Stocks etc	Portion size	Salt content	% of GDA
OXO cube Beef	100mls	1.1g	18%
OXO cube Beef reduced salt	100mls	0.6g	10%
Gravy granules (Bisto)	50ml	0.57g	10%
Gravy granules, reduced salt (Bisto)	50ml	0.30g	5%
Stock cubes, Heinz for baby	100ml	0.05g	<1%
Stock cubes, Kallo very low salt	100ml	0.005g	<1%
Tomato ketchup (1 tbsp)	15ml	0.50g	8%
Tomato ketchup reduced salt (1 tbsp)	15ml	0.25g	4%
HP Brown sauce	15ml	0.19g	3%
HP Reduced salt brown sauce	15ml	0.15g	2.5%
Tomato puree (1 tbsp)	15ml	0.09g	1%
Yeast extract (1 tsp)	9g	0.96g	16%

less than
6 g

How much salt am I eating?

- You can use this page to find out your daily salt intake by listing all the food you eat during one day in the table below.
- Estimate the portion size and look up the salt content in this booklet.
- Add the salt content up at the end of the day.
- How do you compare with the maximum GDA of 6g?
- The GDA is a maximum, so ideally you want to be well below this.
- Try this on different days, to identify better choices.

Food	Portion size (g)	Salt (g)	Sodium (mg)
Breakfast			
Light Meal			
Main Meal			
Snacks			
Total salt			

Example Meal Plan

	Salt		Salt
Breakfast		Breakfast	
Shreddies	0.63g	Weetabix x 2	0.27g
Toast x 2 with yeast extract	1.19g	Toast x2 with jam	0.89g
Snack Meal		Snack Meal	
Cheese sandwich	1.73g	Tuna sandwich	1.27g
Crisps	0.8g	Salt 'n Shake Crisps (salt not added)	0g
Main Meal		Main Meal	
Jar of Bolognese sauce with minced beef and pasta	1.05g	Home made Bolognese sauce with minced beef and pasta	0.25g
Or		Or	
Sausages x 2 with gravy, mashed potato and vegetables	2.4g	Pork chop with reduced salt gravy, mashed potato and vegetables	0.68g
Snack		Snack	
Crumpet x 2	2.1g	Crackers x 2 with cream cheese	0.44g
<u>Total</u>		<u>Total</u>	
7.2g salt = 120% of the GDA or 8.6g salt = 143% of the GDA		3.1g salt = 52% of the GDA or 3.5g salt = 59% of the GDA	

There is more information on the OxSalt website

<https://cocallag.github.io/oxsalt>