

Low Salt Handy Shopping Guide

Remember that the larger your portion the more salt you are eating

Limit these foods

They are usually high in salt

Eat only occasionally or as a treat

Bread, cereals & starchy foods

All Bran, Bran Flakes, Corn Flakes, Frosties, Fruit 'n' Fibre, Grapenuts, Oat Bran Flakes, Rice Krispies, Shreddies, Special K, Sultana Bran, Bagel, French stick, crumpets, naan bread, pappadums, instant noodles, tinned spaghetti Sandwiches made with cheese, processed meat

Meat, Fish & Vegetarian alternatives

Processed meat e.g. bacon, sausages, ham, corned beef, pâté, burgers, faggots, gammon Meat pie, pasties, sausage rolls, pork pies Smoked fish, sardines in brine Processed fish e.g. fish paste, scampi, seafood sticks. Prawns & shellfish

Eggs & Dairy foods

Most cheeses e.g. cheddar, red Leicester, double Gloucester, cheese spread Quiche Lorraine, Scotch egg

Vegetables

Hummous

Savoury Snacks

Potato crisps, corn or maize snacks e.g. Wotsits or tortilla chips, prawn crackers, salted popcorn, Twiglets

Sauces & Seasonings

All types of salt e.g. rock, sea & table salt Soy sauce, Marmite

Check the Label!

These foods contain some salt

Try to choose lower salt options

Bread, cereals & starchy foods

Cheerios, Clusters, Coco Pops, Muesli, Nutri-Grain, Ricicles, Weetabix, Weetos Bread including malt, rye & soda, pitta bread, chapatti, croissants, English muffins Cream crackers, water biscuits Processed potato products e.g. waffles, instant mash, croquettes

Meat, Fish & Vegetarian alternatives

Peanut butter Offal Fish in breadcrumbs or batter, fish in sauce, whitebait, tuna in brine, tinned salmon Quorn

Eggs & Dairy foods

Cottage cheese, cream cheese e.g. Philadelphia Eggs, plain / cheese omelette Savoury pancake

Vegetables

Baked beans - reduced salt, Tinned vegetables with added salt, pickled vegetables

Savoury Snacks

Roasted and salted nuts

Sauces & Seasonings

Mayonnaise, tomato ketchup, peanut butter, pasta & curry sauces, packet sauces, Worcestershire sauce, sweet pickle Oxo cubes, including reduced salt type Bisto gravy granules, including reduced salt type

Sweet Snacks

Digestive biscuits

Lower Salt Options

These foods are lower in salt

Try to choose these foods most often

Bread, cereals & starchy foods

Muesli with no added salt & sugar, Porridge, Puffed Wheat, Ready Brek, Shredded Wheat, Sugar Puffs Hot cross buns Crispbreads e.g. Ryvita, unsalted rice cakes Grains e.g. couscous, bulgar wheat, quinoa, rice & pasta

Meat, Fish & Vegetarian alternatives

Fresh, lean meat Fresh white & oily fish Tinned fish in water, oil or tomato Tofu

Eggs & Dairy foods

Sweet pancake

Vegetables

Fresh, frozen & dried vegetables & pulses Tinned tomatoes

Savoury Snacks

Salt 'n' Shake crisps (without the salt sachet), unsalted nuts, plain popcorn

Sauces & Seasonings

Reduced salt tomato ketchup, HP reduced salt brown sauce, Tomato puree, vinegar, lemon juice, herbs & spices Heinz for Baby stock cubes, Kallo very low salt stock cubes

Sweet Snacks

Rich tea biscuits, Gingernut biscuits

Table of Salt Content per portion



Salt content in grams per 100g of food

	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4	2.5	2.6	2.7	2.8	2.9	3.0
15	0.0	0.0	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.3	0.3	0.3	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.5
25	0.0	0.1	0.1	0.1	0.1	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.3	0.4	0.4	0.4	0.4	0.5	0.5	0.5	0.5	0.6	0.6	0.6	0.6	0.7	0.7	0.7	0.7	0.8
50	0.1	0.1	0.2	0.2	0.3	0.3	0.4	0.4	0.5	0.5	0.6	0.6	0.7	0.7	0.8	0.8	0.9	0.9	1.0	1.0	1.1	1.1	1.2	1.2	1.3	1.3	1.4	1.4	1.5	1.5
75	0.1	0.2	0.2	0.3	0.4	0.5	0.5	0.6	0.7	0.8	0.8	0.9	1.0	1.1	1.1	1.2	1.3	1.4	1.4	1.5	1.6	1.7	1.7	1.8	1.9	2.0	2.0	2.1	2.2	2.3
100	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4	2.5	2.6	2.7	2.8	2.9	3.0
125	0.1	0.3	0.4	0.5	0.6	0.8	0.9	1.0	1.1	1.3	1.4	1.5	1.6	1.8	1.9	2.0	2.1	2.3	2.4	2.5	2.6	2.8	2.9	3.0	3.1	3.3	3.4	3.5	3.6	3.8
150	0.2	0.3	0.5	0.6	0.8	0.9	1.1	1.2	1.4	1.5	1.7	1.8	2.0	2.1	2.3	2.4	2.6	2.7	2.9	3.0	3.2	3.3	3.5	3.6	3.8	3.9	4.1	4.2	4.4	4.5
175	0.2	0.4	0.5	0.7	0.9	1.1	1.2	1.4	1.6	1.8	1.9	2.1	2.3	2.5	2.6	2.8	3.0	3.2	3.3	3.5	3.7	3.9	4.0	4.2	4.4	4.6	4.7	4.9	5.1	5.3
200	0.2	0.4	0.6	0.8	1.0	1.2	1.4	1.6	1.8	2.0	2.2	2.4	2.6	2.8	3.0	3.2	3.4	3.6	3.8	4.0	4.2	4.4	4.6	4.8	5.0	5.2	5.4	5.6	5.8	6.0
250	0.3	0.5	0.8	1.0	1.3	1.5	1.8	2.0	2.3	2.5	2.8	3.0	3.3	3.5	3.8	4.0	4.3	4.5	4.8	5.0	5.3	5.5	5.8	6.0	6.3	6.5	6.8	7.0	7.3	7.5
300	0.3	0.6	0.9	1.2	1.5	1.8	2.1	2.4	2.7	3.0	3.3	3.6	3.9	4.2	4.5	4.8	5.1	5.4	5.7	6.0	6.3	6.6	6.9	7.2	7.5	7.8	8.1	8.4	8.7	9.0
350	0.4	0.7	1.1	1.4	1.8	2.1	2.5	2.8	3.2	3.5	3.9	4.2	4.6	4.9	5.3	5.6	6.0	6.3	6.7	7.0	7.4	7.7	8.1	8.4	8.8	9.1	9.5	9.8	10.	10.
400	0.4	0.8	1.2	1.6	2.0	2.4	2.8	3.2	3.6	4.0	4.4	4.8	5.2	5.6	6.0	6.4	6.8	7.2	7.6	8.0	8.4	8.8	9.2	9.6	10.	10.	10.	11.2	11.6	12.

Portion size in grams