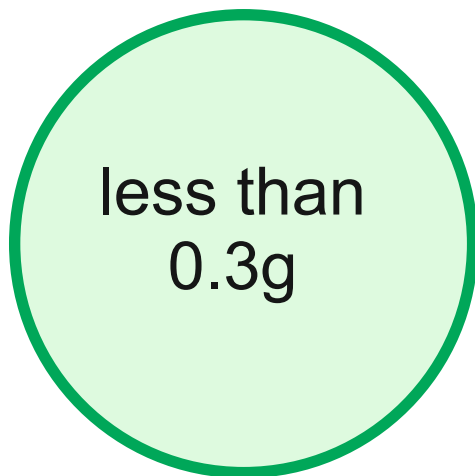


How much Salt?

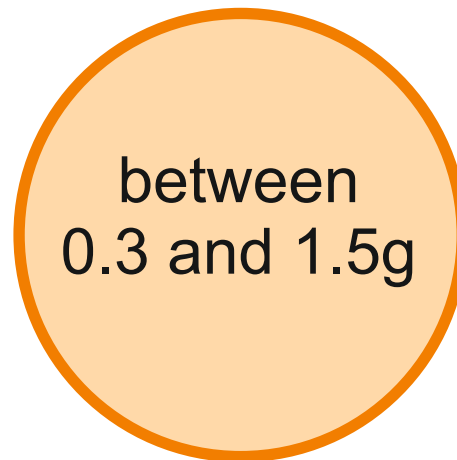
Use the key below to assess the salt content of different foods



Salt
Per 100g



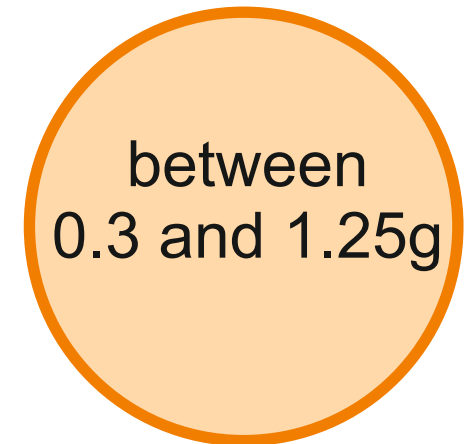
Salt
Per 100g



Salt
Per 100g



Salt
Per meal



Working out how much salt is in a portion

A food has **0.6g** salt in 100g and the portion size is 300g

300g is 3 x 100g, so the portion contains 3 x **0.6g** salt = **1.8g** salt

A food has 100mg sodium in 100g and the portion size is 300g
(100mg sodium = 0.1g sodium)

0.1g sodium = 2.5 x **0.1g** salt = **0.25** g salt
(multiply by 2.5 to convert sodium to salt)

As 300g is 3 x 100g, the portion contains 3 x **0.25g** salt = **0.75g** salt