

SALT FACTS


SALT HAS BEEN ON THE TABLE FOR HUNDREDS OF YEARS, PRESERVING FISH AND MEAT AND ENHANCING FLAVOURS IN OUR FOOD.

In the right amounts, salt is a vital part of our diet, controlling fluid in the body and the way your muscles and nerves work. But food today already contains an average of 75% of our recommended daily intake of salt, so monitoring the salt we add to this is important.

10 SALTY FOODS:

- Bacon
- Cheese
- Gravy Granules
- Ham
- Olives
- Pickles
- Prawns
- Salami
- Salted & Dry Roasted Nuts
- Salt Fish
- Smoked Meat & Fish

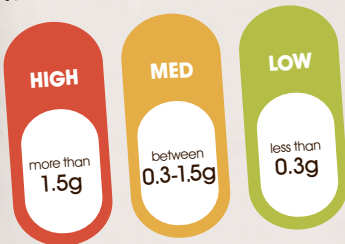
**KNOW
YOUR
FOOD**



SO, DO YOU TAKE ALL THE ADVICE WITH A PINCH OF, WELL, SALT? BEWARE BECAUSE OUR FAVOURITE FLAVOUR ENHANCER HAS THE POWER TO WREAK HAVOC ON OUR BODIES.

THE SALT CALCULATOR

Look at the figure for salt per 100g on food packaging. Using the key below you can work out if the food contains a high (red), medium (amber) or low (green) amount of salt in it.



High is more than 1.5g salt per 100g and the packaging may display a red traffic light.

Medium is in-between 0.3g & 1.5g and the packaging may display an amber traffic light.

Low is 0.3g salt or less per 100g and the packaging may display a green traffic light.

The body works by using salt to control the liquid we retain: the higher the salt intake, the more water we retain. That's why we get thirsty when we have eaten very salty foods, as fluids help process salt in the kidneys.

There has been a lot of research that suggests diets high in salt can cause high blood pressure, strokes and osteoporosis, and salt lurks in around 14,000 products.

But it's not all bad – in hot water it can ease sprained joints, in Japan it wards off evil spirits and was until recently the currency of Ethiopia.

