

Remember! You could be eating too much salt without realising it.
Around 75% of the salt we eat is already hidden in the foods we buy.

Recommended maximum salt intakes

Age	Maximum Salt Intake
0 - 6 months	< 1g / day
6 - 12 months	1g / day
1 - 3 years	2g / day
4 - 6 years	3g / day
7 - 10 years	5g / day
11 years and above	6g / day

For further information on salt, cutting down your salt intake and for low salt recipes please see our website www.actiononsalt.org.uk

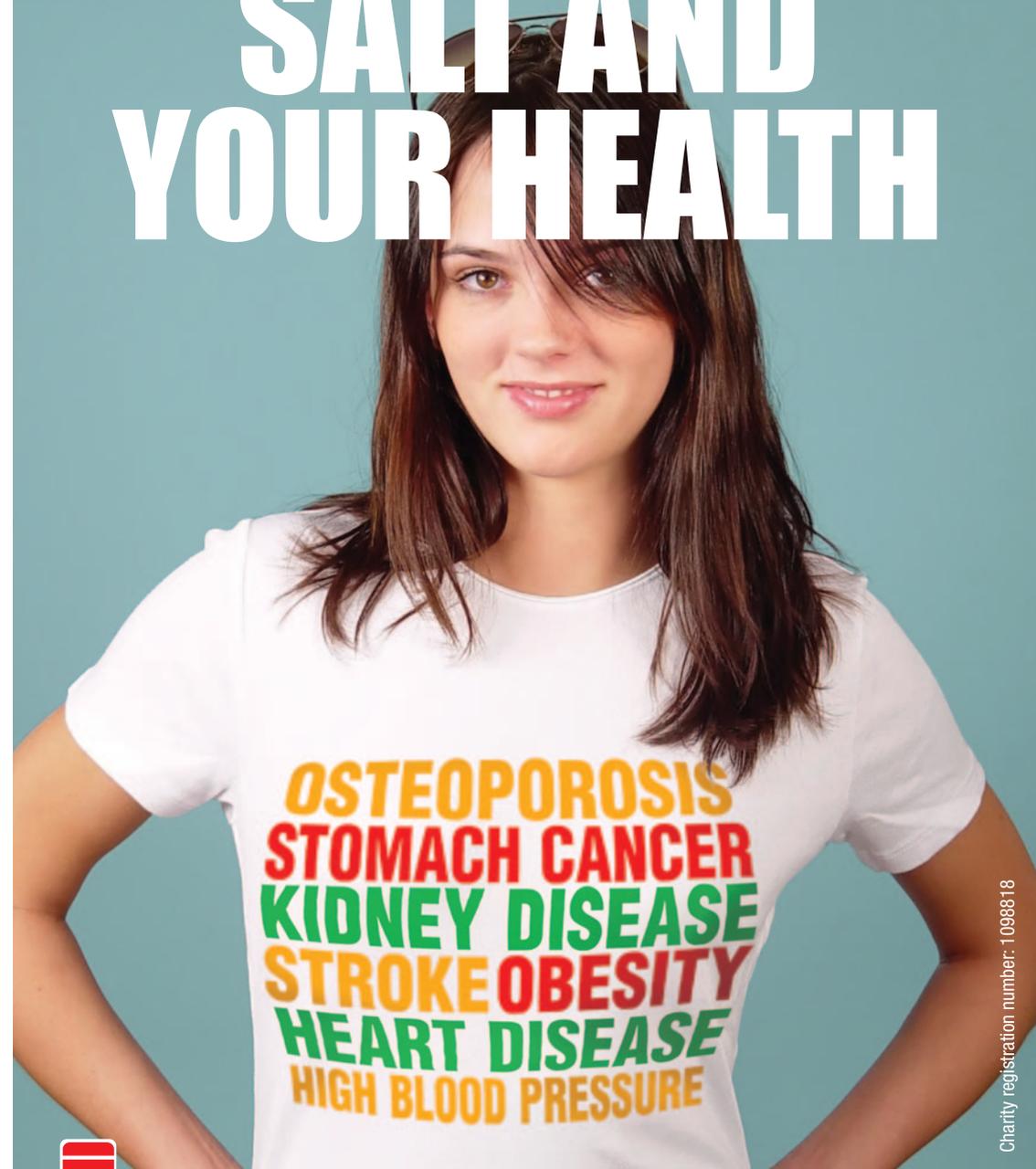
Supported by:



World Action on Salt & Health

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SALT AND YOUR HEALTH



Charity registration number: 1098818



Shocked? Want to learn more?
Go to www.actiononsalt.org.uk

SALT CAN DAMAGE YOUR HEALTH

Small amounts of salt are essential for our wellbeing. Adults need less than 1 gram per day and children need even less but most adults now eat between 7 to 10 grams/day, far more than needed. The current amounts of salt eaten in the UK can have many harmful effects on our health, and therefore reducing our salt intake is very important. **Adults should consume less than 6grams of salt per day and children much less.**

Blood pressure

Blood pressure is the biggest cause of death in the world through the strokes and heart attacks it causes. The higher our blood pressure, the greater our risk. Salt slowly puts up our blood pressure and eating too much is responsible for many thousands of strokes, heart attacks and heart failure deaths each year in the UK. Eating less salt lowers blood pressure and reduces the risk of heart disease and stroke.

For every one gram of salt we cut from our average daily intake there would be 6,000 fewer deaths from strokes and heart attacks each year in the UK.

Over a longer period of time, reducing salt intake will have an even greater effect as it will prevent the rise in blood pressure that occurs as we get older. It is particularly important that children do not eat too much salt, as blood pressure first starts to rise in childhood.

For further information on blood pressure, see the Blood Pressure Association website, www.bpassoc.org.uk



Stroke

Stroke is the leading cause of severe adult disability and the third biggest killer in the UK with an estimated 150,000 strokes and mini-strokes each year. High blood pressure is the single most important risk factor for stroke. Salt is therefore directly responsible for many of these strokes.

Over 40% of all strokes could be prevented by tackling high blood pressure.

There is also increasing evidence that salt may have a direct effect on strokes, independent of and in addition to the effect it has on blood pressure.

For further information on strokes, see the Stroke Association website www.stroke.org.uk

Heart attacks and heart failure

Raised blood pressure is a major risk factor for coronary heart disease, stroke and heart attacks. Coronary heart disease is the commonest cause of death in the UK. Untreated high blood pressure can also lead to heart failure, which can make the pumping action of the heart less effective.

Reducing salt intake will help to prevent high blood pressure and so reduce the risk of heart attacks and heart failure.

For further information on heart disease visit www.bhf.org.uk



Osteoporosis

Salt intake is the major factor controlling the amount of calcium in the urine and the amount of calcium lost from bones. As calcium is vital for bone strength, high salt intake may lead to weakening of the bones and an increased risk of osteoporosis.

Osteoporosis leads to bone fractures and breakages.

If we do not achieve the maximum strength of our bones when we reach our mid to late twenties, our risk of developing osteoporosis later in life is increased.

For further information see the National Osteoporosis Society website www.nos.org.uk

Obesity

Obesity is an increasing problem in the UK. Whilst salt is not the cause of obesity it increases thirst and the amount of fluids consumed, particularly sweetened soft drinks.

A third of all British adults, or 13 million people, will be obese by 2012 if current trends continue.

A reduction in salt intake would cause a major reduction in the number of sweetened soft drinks being consumed, both by adults and children. Studies in the UK have shown that a reduction in sweetened soft drink consumption is likely to reduce the number of children developing obesity.

For further information on obesity visit the National Obesity Forum website www.nationalobesityforum.org.uk



SALT CAN DAMAGE YOUR HEALTH Continued

Stomach cancer

Salt, particularly in high concentration, damages the delicate lining of the stomach. This makes it more vulnerable to infections by *Helicobacter Pylori*, a type of bacteria that causes both stomach ulcers and stomach cancer.

Countries where people eat a lot of salty foods tend to have high rates of stomach cancer,

In countries that have a higher salt intake than we have in the UK, for example Northern China, Japan and Korea, this is a major public health problem.

For further information on cancer of the stomach see Cancer Research UK www.cancerresearchuk.org

Kidney Stones

Salt increases the amount of calcium in our urine. Reducing salt intake has been shown to reduce calcium excretion, and reduce reoccurrences of kidney stones, as kidney stones have calcium as their basic constituent.

Kidney Disease

High blood pressure has been shown to increase the amount of protein in the urine which is a major risk factor for the decline of kidney function and there is increasing evidence that a high salt intake may increase how quickly kidney disease progresses, where it is already present.

Over 3 million people in the UK are at risk of Chronic Kidney Disease.

In addition, the water retention that occurs with a higher salt diet will increase blood pressure which also increases the risk of kidney disease.

For more information on kidney disease and kidney stones, visit the Kidney Research UK website www.kidneyresearchuk.org

Other effects of salt on our health

A reduction in salt intake may also be beneficial for keeping a number of other conditions under control, such as asthma and Ménière's disease.

For more information visit www.asthma.org.uk and www.menieres.org.uk

Salt reduction is recommended for people with diabetes because keeping blood pressure in the healthy range helps to reduce your risk of the long term complications of diabetes.

For more information on diabetes visit the Diabetes UK website www.diabetes.org.uk

A high salt diet can also lead to water retention. Many people with water retention, including women with premenstrual water retention, find considerable improvement in their symptoms by reducing their salt intake.



SIMPLE WAYS TO LOWER YOUR SALT INTAKE

Foods that are often high in salt - cut down on these foods

Anchovies	Pickles & gherkins	Soy, Oyster & Chilli sauce
Bacon	Prawns	Stock cubes, gravy browning and bouillon
Cheese	Salami	Takeaway food
Coated chicken e.g. nuggets	Salted and dry roasted nuts	Tinned meat
Gravy granules	Salt fish	Yeast extract e.g. marmite
Ham	Sausages	
Noodle snacks/pots	Smoked & cured meat and fish	
Olives & capers		

Foods where some brands are high in salt - check the label

Baked beans	Crisps	Soup
Biscuits	Filled pasta	Sandwiches
Breakfast cereals	Meat pies	Stir-fry sauces
Bread and bread products*	Pasta and curry sauces	Tinned pasta
Burgers	Pizza	Table Sauces e.g. Tomato Ketchup, mustard
Cakes and pastries	Ready meals	
	Salad Dressings	

*bread provides a fifth of our salt intake

Foods which are lower in salt - eat more of these

Couscous	Fruit and Vegetables (dried, fresh, frozen and tinned)**	Porridge oats
Eggs		Pulses (peas, beans, lentils)**
Emmental	Mozzarella	Ricotta
Fresh fish	Pasta and Rice	Unsalted nuts & seeds
Fresh meat and poultry	Plain cheese spreads	Yoghurt
Fromage frais	Plain cottage cheese	
	Plain popcorn	

**choose tinned products with no added salt

OTHER SIMPLE REDUCTIONS

Many processed and well known brand foods are high in salt so try to cut down on these by both swapping for retailers' own brand products, and switching to more fresh foods such as fish, chicken, meat, fruit and vegetables.

Labelling

Many of us now check labels for the salt content of the food we buy in supermarkets and shops. By looking at the label we can add up how much salt we are eating each day, and how much we are giving to our families. Most food labels now give the amount of salt the food contains either per 100grams or per portion. If the label only gives the sodium content, you need to multiply sodium by 2.5 to get the salt content.

	Per serving
FAT	7.7g
SATURATES	2.0g
SUGAR	42.2g
SALT	2.4g

■ HIGH ■ MEDIUM ■ LOW

	100g serving (enough for 10 slices of bread) contains
Fat	5.9g
Saturates	1.2g
Salt	0.1g

It's guidelines daily amount (GDA)

**1g of sodium per 100g
= 2.5g of salt per 100g**

Try to think about how much of the food you will be eating. Look at the size of the packet and use this as a guide – is this more or less than 100g? From this you can work out the salt content of the portion you will eat

Adjust to less salt

The salty taste of foods depends on the salt content of the food and also the sensitivity of the taste receptors in your mouth. Initially when you reduce your salt intake foods tend to taste bland, but after two or three weeks

your taste receptors become more sensitive, getting the same effect from lower levels of salt and you will start to taste the real delicious flavour of natural food. Give yourself time to adjust.



Cooking at home

Try cooking at home more often, such as making your own bread, pasta sauces, soups and cakes to make a drastic reduction in your salt intake.

Remember! Don't add salt at the table or during cooking. Sea salt and rock salt should also be avoided as these are just as high in salt. Avoid salty sauces such as soya sauce, tomato ketchup and use fresh, frozen or dried herbs, spices, chilli, garlic, pepper, vinegar, lemon or lime juice to add flavour instead.

RECIPE IDEAS



Tomato pasta sauce

Serves: **2** Time: **35 min**

Each serving contains:

LOW	LOW	LOW	LOW
FAT 3.5g	SAT 0.4g	SUGAR 11.5g	SALT 0.3g

Ingredients

- 1 tsp oil
- 1 onion, finely chopped
- 1 clove garlic, finely chopped
- 1 tin of (salt free) chopped tomatoes
- 2 tbsp (salt free) tomato puree
- pinch of mixed dried herbs
- pepper to taste
- 210g raw spaghetti

Method

- 1.Heat the oil in a saucepan or frying pan. Cook the onion on a medium heat until it's soft.
- 2.Add the garlic and cook for another minute.
- 3.Add the tin of chopped tomatoes, tomato puree and mixed herbs.
- 4.Simmer gently for 15 minutes until the sauce is thick and rich.
- 5.Add pepper to taste.

- 6.Cook the spaghetti according to packet instructions (don't add salt!) and serve topped with fresh herbs.

Other options

- Add a tin of tuna (in spring water) or some sliced vegetables to the sauce at step 3. Try mushrooms, peppers or courgettes.
- Use the sauce as a pizza topping. Just sprinkle with grated cheese and your favourite vegetables.
- Pour the sauce over fish fillets and bake

Source: **Food Standards Agency**



Chilli con carne

Serves: **4** Time: **50 min**

Each serving contains:

LOW	LOW	LOW	LOW
FAT 8.5g	SAT 1.9g	SUGAR 8.0g	SALT 1.1g

Ingredients

- 1 tbsp oil
- 200g lean beef mince
- 2 onions, finely chopped
- 2 tins of (salt free) chopped tomatoes

- 2 cloves garlic, finely chopped
- 2 tbsp (salt free) tomato puree
- 1 tsp chilli powder
- ½ tsp cumin
- ½ tsp coriander
- 1 red pepper, chopped
- 200g mushrooms, sliced
- 1 tin of kidney beans
- Freshly ground black pepper
- 300g basmati rice, uncooked

Method

- 1.Brown the mince over a gentle heat, stirring to stop it from sticking.
- 2.Add the onion to the mince and cook for 2-3 minutes.
- 3.Add the chopped tomatoes, tomato puree, and spices, bring the sauce to the boil, then lower the heat and simmer gently for 10-15 minutes.
- 4.Add the chopped pepper and sliced mushrooms and simmer for 5 minutes.
- 5.Add the drained kidney beans and simmer for another 5 minutes.
- 6.Add the pepper to taste and serve with the rice cooked according to packet instructions (don't add salt!)

Other options

- Serve any leftover sauce with baked potatoes for a quick, tasty meal.

Allergy advice

Some tomato purees contain wheat.

Source: **Food Standards Agency**

Go to www.eatwell.co.uk for more low salt recipes