



FACTS ON SALT

Salt is the name we commonly use for sodium chloride. Almost all foods contain sodium, either naturally, or as an ingredient added during processing or cooking.

The body needs some sodium as it helps regulate water balance. It also helps maintain normal heart rhythm and keeps muscles and nerves working efficiently.

However, too much salt in the diet is linked to high blood pressure and in turn increases the risk of heart disease and stroke.

What is the daily limit of salt recommended?

Adults and children over 10 6g

Children aged 7 – 10 5g

Children aged 4 – 6 years 3g

Children aged 1 – 3 years 2g

Babies less than 12 months NO salt added to food.

Measure out 5g which is a level teaspoon and then take a look at the hidden salt content in our everyday food which I have listed overleaf. I know you will agree it does not take a lot to consume our recommended daily allowance.

How can we eat less salt?

Use less salt in cooking and use herbs, spices, tomato puree etc to add flavour. Use a minimum amount of salt for cooking OR at the table NOT BOTH.

Use salty foods like tinned, smoked and cured foods sparingly, So many Slimtone members have discovered that since using a steamer or the Zip'n'Steam microwave bags for cooking it has lowered the amount of salt in their diet. It has also enhanced the flavour of their meals.

Take away/ convenience meals again contain a high percentage of salt. Sodium monoglutamate is another name for salt and is included in many ready meals. Make your own low fat healthy eating meals from the selection included in your Lifestyle Plan and Slimtone recipe book. Always look out for the healthy eating options now available in all supermarkets which state "Low salt"

Stock cubes also include a lot of salt, check out the varieties in health shops with no additives; vegetable bullion is another healthy option.