

How to Reduce Salt in Your Diet

- Do not use salt at the table. This includes rock salt, sea salt and salt substitutes. A little may be used in cooking.



- Avoid processed foods – such as ready-made meals – as much as possible. Foods that contain more than 0.2g of sodium per 100g should be restricted.
- Foods with a high salt content should be avoided including:
 - Meat and meat products:** bacon, ham, tongue, corned beef, luncheon meats, salami, sausages and sausage rolls, beefburgers, meat pastes, tinned meat, pâtés, pasties and all other commercially prepared meat dishes
 - Fish and fish products:** Smoked and tinned fish, shellfish, fish pastes and all commercially prepared fish dishes
 - Dairy products:** cheese – all types
 - Soup:** all tinned, packet and dried soup varieties
 - Vegetables:** Tinned and dried vegetables, vegetables in sauces, baked beans, olives, onions and gherkins in brine, crisps
 - Beverages:** Tomato juice, meat and yeast extracts including Oxo, Bovril, Marmite, stock cubes
 - Miscellaneous:** Salted savoury snacks and biscuits, salted nuts, bottled sauces, chutneys, pizza, Chinese take-aways and other take-away food.

- Do eat plenty of fresh fruits and vegetables. Aim for at least five portions a day.
- Use herbs and spices for seasoning and flavouring.
- Check your medicines as these may be high in sodium (salt). Your doctor or pharmacist will give you advice on this.

