

Salt

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This much-maligned mineral is, in moderation, essential to our body's functioning

Our bodies need salt to function but too much can increase blood pressure and in turn increase the risk of heart disease or stroke. Most people in the UK are eating too much salt, whether from the balance of foods in their diet or from adding it to their cooking.

How much? Adults should have no more than 6g of salt a day and children should have even less.

How to reduce your salt intake

- Use herbs and spices such as chilli, garlic and vinegar to add flavour to your meal
- Choose foods that are lower in salt. Check the front of the packet and aim to only buy those with green or amber salt labels.
- Foods which are higher in salt e.g. crisps, hard cheese, cured meat, soy sauce should be enjoyed on occasion and in smaller quantities.
- Look out for the Eat Well logo across our stores to balance your diet.