

**Salt: How much salt can we consume? What are the foods with high salt content? What are the foods that can be high in salt content?**

Salt, sodium, is found in nearly everything we eat and drink. Your body needs sodium to balance fluids and maintain your nervous system. However, too much salt can lead to blood pressure, heart disease, stroke and kidney disease.

**How much salt should you have per day?**

Adults should eat no more than 6g of salt a day (2.3g sodium) – that's around 1 teaspoon.

For children;

- 1 to 3 years – 2g salt a day (0.8g sodium),
- 4 to 6 years – 3g salt a day (1.2g sodium),
- 7 to 10 years – 5g salt a day (2g sodium),
- 11 years and over – 6g salt a day (2.3g sodium) is recommended.

**High-salt foods:**

- anchovies
- bacon
- cheese
- frozen meals
- gravy granules
- ham
- olives
- canned soups and vegetables
- pickles
- prawns
- salami
- salted and dry-roasted nuts
- salt fish
- smoked meat and fish
- soy sauce
- stock cubes

## **Foods that can be high in salt**

In the following foods, the salt content can vary widely between different brands or varieties.

Most of the sodium we get is from packaged and processed foods, so make it a habit to read Nutrition Facts labels.

These foods include:

- bread products such as crumpets, bagels and ciabatta
- pasta sauces
- crisps
- pizza
- ready meals
- soup
- sandwiches
- sausages
- tomato ketchup, mayonnaise and other sauces
- breakfast cereals

