



## World Salt Awareness Week

11th - 17th March 2013  
[www.worldactiononsalt.com](http://www.worldactiononsalt.com)



# A recipe for a tastier and healthier life

- To taste food as it really should taste, use less salt (and less salty ingredients such as soy sauce, stock cubes, and powdered seasoning) and more tasty ingredients such as ginger, lemon, chilli, garlic and fresh herbs
- This will lower your blood pressure and the risk of stroke, heart disease, heart attacks as well as osteoporosis, kidney disease and stomach cancer
- We are meant to eat less than 5g salt per day - less than a teaspoon, but we are eating much more
- Cook vegetables and carbohydrates, such as potatoes and pasta, without adding salt
- If the recipe says to 'season to taste' or 'add salt' – just leave out the salt!
- Leave the salt shaker in the kitchen cupboard, not on the dining table

**LOW**

less than  
120mg  
sodium

**MEDIUM**

between  
120-600mg  
sodium

**HIGH**

more than  
600mg  
sodium

## Try to use more

Herbs  
Spice  
Lemon  
Pepper  
Chilli  
Garlic  
Ginger  
Low salt stock

## Try to use less

Bacon  
Cheese  
Ready made stock  
Tomato ketchup  
Mustard  
Soy sauce  
Ham  
Ready made sauces

## Sodium

Salt is also called sodium chloride. It's the sodium in salt that can be bad for your health. Sodium, or salt, is usually listed in the nutritional information on food labels

**Salt = sodium x 2.5**

**e.g. 1g sodium = 2.5g salt**

Ask for...

*Less salt please*