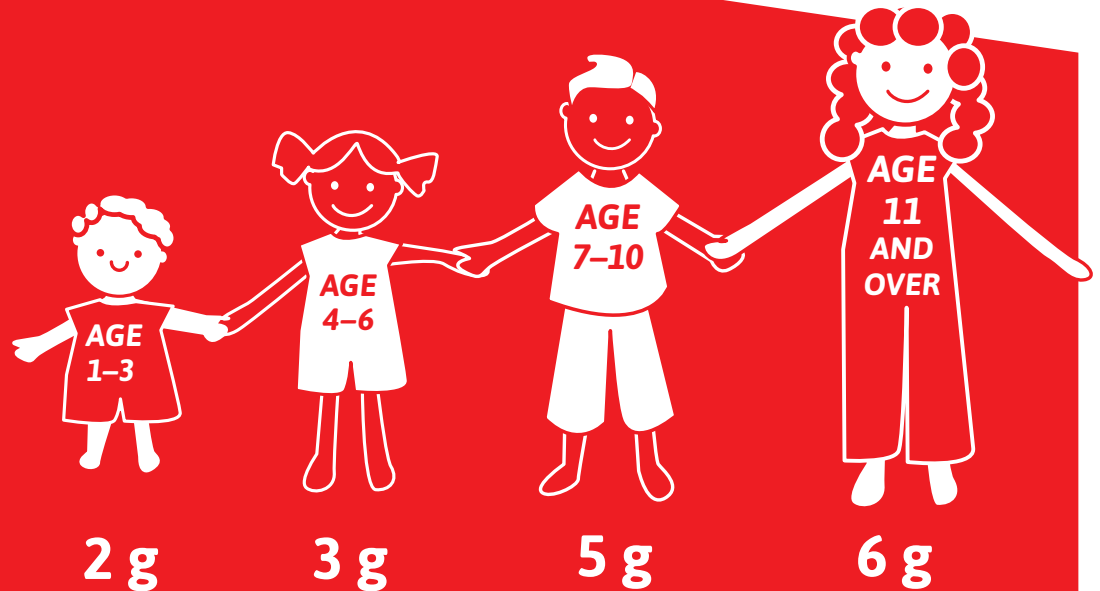


Salt

How much is too much?



RECOMMENDED DAILY MAXIMUM AMOUNT OF SALT FOR CHILDREN

TOP TIPS

Taste your food **before** you add salt.

Snacks – choose crunchy veg/nuts over crunchy crackers or crisps.

Choose veg or low salt meat like chicken, instead of pepperoni pizzas.

Limit takeaways, ready-meals and prepared foods.

Which foods have high added salt?

- Heavily processed meats such as *bacon and salami*
- cheese
- processed sauces, *ketchup, brown sauce, mayo*
- soy sauce and *gravy*
- be careful with: *pasta sauces, curry sauces etc, pizza ready-meals, soup, breakfast cereals*

YOU CAN CHECK USING THE LABEL DECODER