



## Salt: How to eat less

Most of your salt comes from processed and manufactured foods. Foods high in salt include chippies, salted nuts, instant soups, pickled foods, soy sauce and processed meats such as luncheon and salami

**We should aim to have no more than 2,300mg sodium in total each day (1 teaspoon of salt)**

### High salt foods: what to watch out for

- **Bread and breakfast cereals:** because we regularly eat bread and cereals they contribute a significant proportion of our dietary sodium; (15-27% and 6% respectively).  
**Choose:** Wholemeal or wholegrain breads they are generally lower in sodium.  
Breads and cereals with less than 400mg sodium /100g
- **Processed meats:** we get 10-14% of sodium from processed meats (bacon, ham, corned beef, and sausages).  
One slice of ham is 400mg and one pork sausage 700mg.
- **Tomato products:** such as sauce, juice and whole peeled tomatoes (check the labels)
- **Soy sauce:** each tablespoon has between 840mg and 1140mg of sodium.  
One that is labelled 'lite' or 'less salt' will save you about 500mg per tablespoon.  
Don't be fooled by soy sauce that is light in colour or taste – it still has the same sodium content as its darker alternatives.
- **Pre-packaged marinades:** often high in sodium.
- **Ready-to-eat soups:** 700-1000mg in one serving  
**Choose:** low salt varieties or make homemade
- **Butter or peanut butter:** choose unsalted versions
- **Instant noodles and rice snacks:** many are full of sodium. Some can contain a whole days worth of sodium (2300mg).  
Most of the sodium comes from the flavour sachet, so try not to use the whole sachet.

- **Marmite and vegemite:** each teaspoon has around 170mg. Use sparingly.
- **Stock:** Limit the use of high salt seasoning such as stock cubes to once per day or make your own.

### Cooking hints to reduce salt

- Eat meals without adding extra salt – start by using less salt in cooking.
- Taste your food before adding salt at the table or remove the salt shaker from the table all together.
- Gradually reduce the amount of salt you use in cooking. Small changes over time, it only takes the taste buds about a month to adjust to less salt.
- If your recipe requires salt, reduce the amount by half and work towards reducing it even further as the weeks go by.
- If using salty ingredients like ham, bacon, stock, soy sauce, olives, anchovies or cheese, leave out any extra salt.
- Use herbs, spices and vegetable or fruit juice to flavour, instead of stocks and sauces mixes.
- Cooking in minimal water or in the microwave helps keep flavour so extra salt is not needed.



**Alternative flavourings**