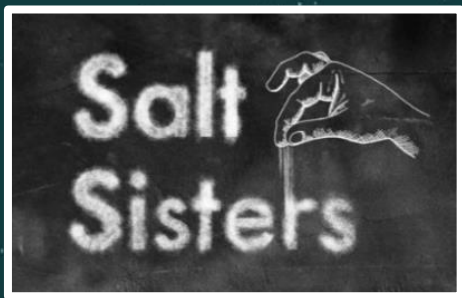


REDUCING DIETARY SALT INTAKE



ALEX BENN, LUCY DEERE,
ELLYSE FOTHERINGHAM




Blood Pressure UK

Helping you to lower your blood pressure


SALT IN A PINCH

WHAT IS SALT?




SALT (ALSO KNOWN AS SODIUM CHLORIDE OR SODIUM) IS OFTEN USED TO SEASON FOOD FOR FLAVOUR OR USED TO PRESERVE FOOD FOR A LONGER SHELF LIFE.

WHAT ARE THE RISKS OF A HIGH SALT DIET?



A HIGH SALT DIET INCREASES YOUR RISK OF HYPERTENSION (HIGH BLOOD PRESSURE) AND THEREFORE YOUR RISK OF CARDIOVASCULAR DISEASE. HIGH BLOOD PRESSURE OFTEN HAS NO SYMPTOMS, SO MANY PEOPLE WHO HAVE IT, MIGHT NOT EVEN KNOW!

WHAT ARE THE BENEFITS OF REDUCING OUR SALT INTAKE?



REDUCING SALT CONSUMPTION LOWERS THE RISK OF HYPERTENSION, HEART ATTACKS, STROKE, AMONG OTHER SERIOUS HEALTH CONDITIONS. CONSUMING LESS SALT WILL PROTECT OUR VITAL ORGANS SUCH AS THE KIDNEYS, STOMACH, HEART AND BRAIN.

OUR SALT INTAKE

1

HOW MUCH SALT SHOULD WE EAT EACH DAY?

NO MORE THAN 6 GRAMS (AROUND 1 TEASPOON) FOR A HEALTHY ADULT. CHILDREN HAVE DIFFERENT RECCOMENDATIONS, CLICK [HERE](#) FOR MORE INFORMATION.

2

WHERE DOES SALT COME FROM?

SALT IS FOUND IN THE FOODS WE EAT. SOME FOODS ARE HIGH IN SALT, AND THEREFORE INCREASE OUR INTAKE. OTHER FOODS MAY APPEAR LOW IN SALT BUT CONTRIBUTE HIGHLY TO OUR INTAKE DUE TO THE AMOUNT WE EAT OF THEM!

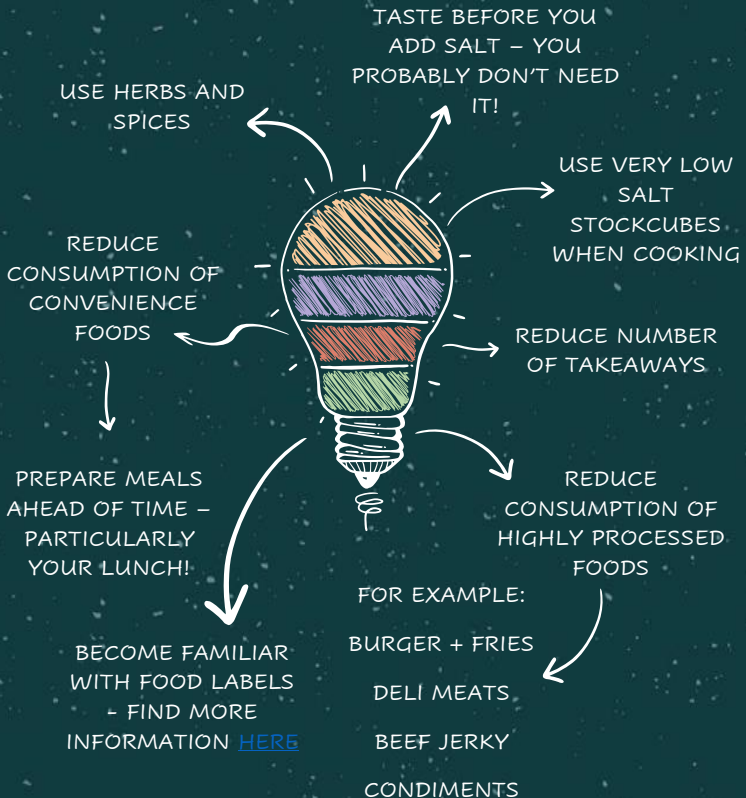
3

HOW DO I KNOW HOW MUCH SALT IS IN MY FOOD?

FOOD LABELS! ALL PACKAGED FOODS IN THE UK WILL STATE THEIR SALT CONTENT ON THE LABEL. MAKE SURE TO CHECK WHETHER VALUES ARE PER PORTION OR PER 100G. IF YOU CAN'T SEE 'SALT' AND ONLY SEE 'SODIUM' – MULTIPLY THE SODIUM VALUE BY 2.5 TO FIND THE SALT CONTENT.

TOP TIPS

REDUCING OUR SALT INTAKE



LOW SALT IDEAS

DELICIOUS LOW SALT MEALS WE
MADE EARLIER!



FOLLOW OUR
TIKTOK
@SALT_SISTERS
FOR RECIPE
VIDEOS!



FIND OUR
RECIPE
BOOKLET
HERE!



YOU DON'T NEED TO SACRIFICE FLAVOUR
WHEN REDUCING YOUR SALT INTAKE! GIVE
THESE RECIPES A TRY, WE'D LOVE TO HEAR
WHAT YOU THINK – CONTACT US ON
1900946@chester.ac.uk

RESOURCES

BLOOD PRESSURE UK

BRITISH HEART
FOUNDATION

NHS

BRITISH DIETETIC
ASSOCIATION

ACTION ON SALT

SALT SISTERS' TIKTOK

SALT SISTERS' RECIPE
BOOKLET

THANK YOU TO BLOOD PRESSURE UK
FOR SPONSORING THIS CAMPAIGN