

**THE SALT CHECKLIST TO TRACK YOUR SALT INTAKE THROUGHOUT THE DAY**

Have a try and fill in the food you eat:

FOOD LOW IN SALT	Salt per 100 grams
Breakfast cereals	<input type="text"/>
Fruit and vegetables	<input type="text"/>
Porridge oats	<input type="text"/>
Couscous, Pasta, Rice	<input type="text"/>
Homemade bread	<input type="text"/>
Pulses	<input type="text"/>
Eggs	<input type="text"/>
Homemade sauces	<input type="text"/>
Seeds	<input type="text"/>
Low salt cheese	<input type="text"/>
Fresh fish, meat and poultry	<input type="text"/>
Yoghurt	<input type="text"/>
Unsalted nuts	<input type="text"/>
Plain popcorn	<input type="text"/>

FOOD HIGH IN SALT	Salt per 100 grams
Stock cubes and gravy	<input type="text"/>
Bread	<input type="text"/>
Readymade Pasta	<input type="text"/>
Readymade Rice	<input type="text"/>
Readymade Noodles	<input type="text"/>
Oven chips	<input type="text"/>
Readymade chips	<input type="text"/>
Biscuits & Cakes	<input type="text"/>
Crackers	<input type="text"/>
Pizza	<input type="text"/>
Ham	<input type="text"/>
Processed meat eg. chicken nuggets, fish fingers, sausages	<input type="text"/>
Readymade Sauces	<input type="text"/>
Readymade soups	<input type="text"/>

**TOTAL SALT CONSUMED PER DAY**

If you are consuming more than a total of **5 GRAMS OF SALT PER DAY,** it means you are eating too much salt. Try to reduce it by half and your health will benefit!

For more information call on **2326 6000** or visit **www.ehealth.gov.mt**

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**9 SIMPLE TIPS TO REDUCE SALT IN YOUR FAMILY'S DIET:**

- Create a food diary to determine how much salt you are eating every day.
- Read food labels. Choose foods which have less than 1.5 grams salt per 100 grams.
- Sea salt and rock salt should be avoided as they are high in salt and are not good for your health.
- Eat less processed food.
- Avoid using other salt-flavour enhancers such as stock cubes, gravy and sauces.
- Do not add salt to food while cooking. Use herbs and spices instead.
- To increase flavour to your food use fresh, and dried herbs: chilli, garlic, rosemary, oregano, mint, parsley, dill and pepper. One can also marinate in wine and in lemon and orange juice.
- Do not put the salt shaker on the table.
- Reduce salt gradually to give time for your taste buds to adjust.

  
PARLIAMENTARY SECRETARIAT FOR HEALTH



**SALT AND OUR DIET**

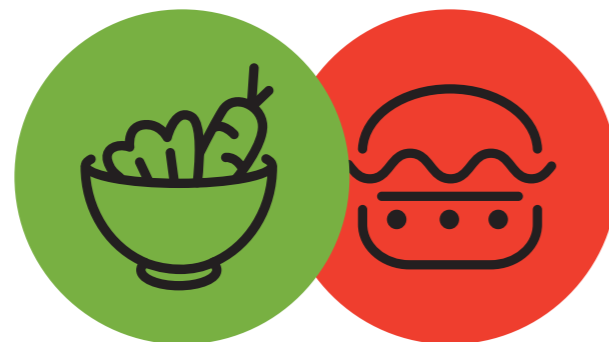
## WHAT IS SALT?

Salt is made up of sodium and chloride. In food product labels, it may be listed as salt or sodium. They are not the same.

To know the amount of salt in the food product calculate as below:

### SODIUM X 2.5 = SALT

Example: 2 grams Sodium x 2.5 = 5 grams Salt



#### EFFECTS OF SALT

Our body needs a small amount of salt each day to function well. However high salt consumption leads to negative health effects especially heart disease, stroke and high blood pressure.



#### DIETARY SALT RECOMMENDATIONS

The World Health Organization (WHO) recommends **a daily intake of not more than 5 grams of salt in adults**. In children the amount varies according to the age as follows:

Maximum Salt Intake per day:

0 - 6 months	<1 gram
6 - 12 months	1 gram
1 - 3 years	2 grams
4 - 6 years	3 grams
7 - 10 years	5 grams

World Action on Salt & Health

## SALT CONTENT IN FOOD

# 75%

OF OUR DAILY INTAKE OF SALT, COMES FROM PROCESSED FOODS



#### HIGH SALT CONTENT

- Breaded chicken or fish
- Savoury snacks
- Processed meat (eg. chicken nuggets, cordon bleu)
- Cheese
- Salted nuts
- Smoked meat and fish
- Readymade food
- Olives



#### MEDIUM SALT CONTENT

- Baked beans
- Cooking sauce
- Readymade foods
- Biscuits
- Crisps
- Soups
- Burgers
- Filled pasta
- Sandwiches
- Breakfast cereals
- Readymade sauces
- Pizza
- Sausages
- Tomato ketchup
- Potato croquettes



#### LOW SALT CONTENT

- Breakfast cereals
- Fruit and vegetables
- Porridge oats
- Couscous
- Homemade bread
- Pulses
- Eggs
- Homemade sauces
- Seeds
- Pasta and rice
- Low salt cheese
- Fresh fish, meat and poultry
- Yoghurt
- Unsalted nuts
- Plain popcorn