

• 1ST LINE ADVICE •

REDUCING SALT INTAKE



WATCH

Watch the 'all about salt' video
www.myrenalnutrition.com/kidney-videos



READ

Read the Action on Salt
'Salt and the health of your children'
information leaflet



https://www.actiononsalt.org.uk/media/action-on-salt/resources/1194_17-Salt-awareness-week-leaflet_v9-print.pdf

CHECK

Using the salt card provided, check food labels to
choose lower salt options

Low

0.3g or less salt
per 100g

Healthiest option

Moderate

0.3g to 1.5g salt
per 100g

Have in moderation

High

More than 1.5g
salt per 100g

High in salt
Try to avoid