Having too much SALT?
Your survival guide

The amount of salt we are consuming per day

<table>
<thead>
<tr>
<th>Amount</th>
<th>Per person</th>
<th>Total for population for 365 days</th>
</tr>
</thead>
<tbody>
<tr>
<td>750g</td>
<td>8 g</td>
<td>6,665,000 g</td>
</tr>
<tr>
<td>SALT</td>
<td>1.5 g</td>
<td>18,300,000 g</td>
</tr>
</tbody>
</table>

which is equivalent in

183,000,000 kg

of salt is consumed per year as a nation?

The damage being done to our health

Salt drives up blood pressure

4.147 = £2,288m

30% = 26% = £30bn

Where does salt come from?

Salt is derived from a source of rock or sea. There are always high levels of salt, such as the Mediterranean Sea and the Pacific Ocean.

10% = 15% = 75%

The industry adds salt to provide:

- •  preservative
- •  texture

Some are almost always high in salt, such as:

- •  soup and pasta sauces
- •  breakfast cereals
- •  bread (freshly made, sliced, crumpets, bagels)
- •  cheddar and other hard cheeses
- •  ham

How to cut down on salt: 3 top tips

1. When food shopping, check the label and choose the food that's lower in salt.

2. Cook with less salt.

3. Make your own stock and gravy. Ingredients such as ripe tomatoes and garlic should replace cube or granules.

This infographic is based on information from the following sources:


7. Low blood pressure, NHS Choices.

8. High blood pressure, NHS Choices.