

## Salt in children's diets

Children are at risk of eating a lot of salt because foods aimed towards them can contain high levels.

Age	Maximum salt intake	Equivalent
0-6 months	Less than 1g a day	Less than 1/6 of a teaspoon
7-12 months	1g a day	1/6 of a teaspoon
1-3 years	2g a day	1/3 of a teaspoon
4-6 years	3g a day	Half a teaspoon
7-10 years	5g a day	Over 2/3 of a teaspoon
Over 11 years	6g a day	1 teaspoon
Adults	6g a day	1 teaspoon

Below are some examples of average salt levels that are found in popular children's foods per child serving:

Milkshake	0.5g
Doughnut	1.2g
Pizza	1.25g
Frosties cereal	1.5g
Can of beans and sausages	1.5g
Chicken nuggets	1.75g
Burger	2.0g
Cheese or ham Lunchable pack	2.4g



## How to contact us:

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If you need this leaflet in another format such as audio or large print please contact Communications on 0845 155 0500.

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Primary Care Trust

## Making healthier choices



Salt

in Sandwell  
**Eatwell**  
Eat well, look good, feel great

## Salt pumps up your blood pressure!

Too much salt can cause high blood pressure. This increases your risk of stroke and kidney problems.

Eating too much salt can raise your blood pressure. When you are young this should not be a problem. But as you get older, high blood pressure starts to have an affect on how well your body works. That's why doctors and scientists say it's a good idea to cut back on eating salt.

About one third of adults have high blood pressure. Most of them don't realise it. For many people, this won't be a problem. But for some, high blood pressure may cause them to have a stroke.

Eating less salt can lower blood pressure and reduce the risk of getting heart disease or having a stroke in later life.



## What is the difference between salt and sodium?

Sodium is a component of salt and it is the sodium that is harmful to health.

2.5 grams of salt gives us 1 gram of sodium. To convert sodium into salt you need multiply the amount of sodium by 2.5

1 gram of sodium = 2.5 grams of salt  
2 grams of sodium = 5 grams of salt

## How much can I have?

Adults should have no more than 6 grams\* of salt a day. People are eating nearly twice this amount of salt. Use the table below to help read the food labels and choose foods with less salt.

**\*6 grams is about one teaspoon**

This is LOW	This is HIGH
Salt: 0.3 grams or less per 100 grams	Salt: 1.5 grams or more per 100 grams
Sodium: 0.1 gram or less per 100 grams	Sodium: 0.6 grams or more per 100 grams

## Tips to eat less salt

Try to eat less often:

- ✗ Salty snacks such as crisps, salted nuts and sausage rolls etc.
- ✗ Fast foods and takeaway
- ✗ Processed foods i.e. ready meals and sauces
- ✗ Don't add salt to cooking, use flavourings such as herbs and spices instead.
- ✗ Don't add salt to your food at the table.
- ✓ Choose canned vegetables and pulses marked 'no added salt' and products canned in water rather than brine, such as canned tuna.



**Did you know that up to 75% of the salt we eat is hidden in processed foods?**

Examples are packet and canned soup, instant noodles, ketchup and sauces, sausages, burgers, ready meals, pizza and take-aways.

**Did you also know that many processed foods contain as much salt as sea water or even more!**