Giving Salt the Shake

Most of the salt we eat comes from processed foods. A small amount is found naturally in our foods. Cutting back on salt is especially important if you have high blood pressure.

Tips for giving salt the shake:

* Avoid adding salt or salt substitutes (such as lite salt) to your food – after a few weeks of eating less salt your taste buds will adjust and food will taste even better.
* Try not to add salt when you cook. You can add flavour to your meals in other ways – use lemon juice, onion, garlic, ginger, wine, and herbs and spices.
* Limit foods high in salt. Try to eat less processed foods like processed meats (for example, ham, salami, bacon and sausages), sauces and dressings and salted nuts and chips.
* Check food labels. A good goal is to choose foods that have less than 120 milligrams of sodium per 100 grams of food. If this is not possible, look for the lowest amount in the foods you are comparing.
* Look for labels with ‘no added salt’, ‘no salt’ or ‘low salt’.

*Updated August 2019*