

Salt / Tesco.

Contributors

Tesco (Firm)

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Salt



More tips you could try!

- ✦ Don't add salt to the water when cooking rice, pasta, noodles, potatoes or vegetables.
- ✦ Try using more herbs and spices to flavour your food. And take care with condiments - some, such as soy and Worcestershire sauce, contain high levels of sodium.
- ✦ If cutting down on salt is difficult, salt substitutes are available. However, they are not suitable for everyone. If you have a kidney complaint, or are under medical supervision, you should ask your doctor for advice before using these products.
- ✦ Tesco has a huge range of products naturally low in sodium (salt), including fresh or frozen fruit and vegetables, rice, pasta, potatoes, natural fish (not smoked), meats and poultry.

Tesco's healthy eating range offers a simple and genuinely healthy solution

Our Healthy Eating products target fat, sodium and sugar content and ensure the levels are appropriate for a healthy, balanced diet. Look out for either one of these logos.



You'll find the sodium content declared on the nutrition information panel on the back of the pack. This figure includes not only the sodium from salt but also from other ingredients, as well as naturally occurring sodium.



At Tesco we also include the salt content per serving underneath the nutrition panel.

Want to know more?

If you have any further queries on diet, health or nutrition, please write to:
Tesco Customer Service Centre,
Tesco Stores Ltd, PO Box 73,
Baird Avenue, Dundee, DD1 9NF.
or telephone 0800 505555.

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TESCO healthy living 1/02

Every little helps.

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TESCO

Salt



healthy living



healthy living requires healthy eating

Tesco believes in helping your family live healthier lives, so we have produced this leaflet to answer some of your questions on salt.

What is salt and why do we need it?

Salt is the everyday name for sodium chloride, a naturally occurring compound in our food which in the right quantity is essential to good health.

Sodium regulates the body's fluid balance which helps maintain normal blood pressure and keeps our nerves and muscles working properly. Chloride aids digestion and enhances the flow of carbon dioxide to the lungs.

We only need about 2 gms of sodium per day, obtained from natural levels present in meat, fish, fruit and veg. However, sodium is added to processed foods, and we use salt to season, so our intake can easily increase to as much as five times the amount we actually need!



Is too much salt in our diet a problem?

Estimates suggest 10-25% of the UK adult population is susceptible to high blood pressure due to too much sodium (salt) in the diet. It is thought this may increase the risk of suffering a stroke as well as developing kidney problems or coronary heart disease.

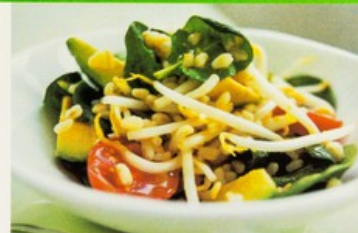
As it is not always possible to tell who is at risk, it makes sense to reduce the amount of salt we eat in order to maintain a healthy, balanced diet.

Gradually reduce the amount of salt you add to food - your taste buds should quickly adjust as the natural flavour of the food starts to come through.



So how can we control the sodium in our diet?

One of the easiest ways to reduce the level of sodium in our diet, is to cut down on the amount of salt we use to season food when cooking or at the table. This is especially important when preparing food for babies (who shouldn't have any added salt at all) and young children.



Alternative suggestions to these high sodium products

Table salt

Why not try a salt replacement such as Lo-Salt?



Prawns

Rinse first with cold water.



Baked beans in tomato sauce

Try reduced salt versions.



Hard cheeses

Use strongly flavoured varieties so you use less.



Salted crisps, nuts and other snacks

Try slightly salted or unsalted alternatives.



Salted butter and margarine

Use unsalted spreads.

