

## **A healthy eating guide : salt / Tesco Stores Ltd.**

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Tesco (Firm)

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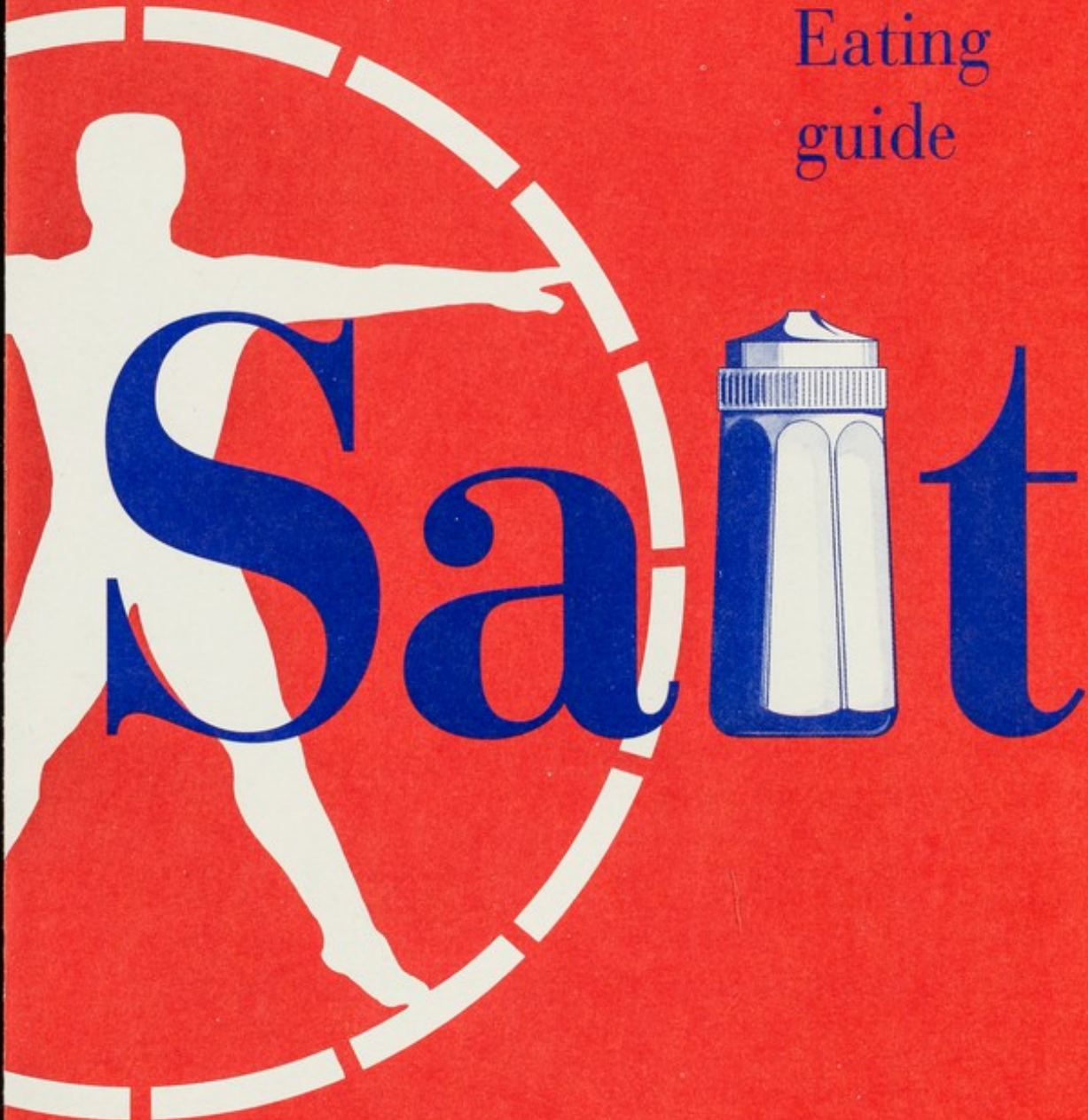
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A  
Healthy  
Eating  
guide



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The first Tesco Guides to Healthy Eating were produced in 1985, recommending that we cut down on fat, particularly saturated fat, sugar and salt and increase the amount of fibre we eat.

Recent guidelines for Healthy Eating suggest the same types of changes are still necessary to make our diets more healthy.

This guide discusses the issues with regard to salt in our diet.

### **WHAT IS SALT?**

Salt is the name commonly used for sodium chloride, a compound which is found in the sea, the soil and which occurs naturally in our food.

For thousands of years we have added salt to our food in order to preserve it.

Because of its preservative properties, salt became a very valuable and important commodity. In the 19th Century, more efficient methods of refining salt were developed and, as salt became cheaper and more widely available, we developed a liking for its taste.

### **WHY DO WE NEED SALT?**

Salt is made up of 40% sodium and 60% chloride. It is the *sodium* in salt which plays an important role in controlling the fluid balance in our bodies.

It is also needed to ensure that our muscles and nerves work properly and to help us maintain normal blood pressure.

However, it is thought that *too much sodium* in the diet may contribute towards high blood pressure in some susceptible people. Having high blood pressure is one factor which increases the risk of developing coronary heart disease, stroke and kidney disease.

As it is not always possible to tell who is susceptible to high blood pressure and because salt is the major source of sodium in our diet, it makes sense to try and cut down on the salt we eat as part of a healthy well balanced diet.

### **HOW MUCH DO WE NEED?**

The amount of sodium we actually need in our diet is estimated to be just over 1½ grams per day. (This is equivalent to about ¾ of a teaspoon of salt), but we easily consume this amount each day from the sodium which occurs naturally in our food.

### **HOW CAN WE CONTROL THE SODIUM IN OUR DIETS?**

As most of the sodium in our diet comes from salt, cutting down on the salt we add to food at the table and during cooking, can go a long way to helping us control our sodium intake. This is especially important when preparing food for babies and young children. Look at the helpful hints on how to reduce the salt in your cooking.



Much of the sodium we eat is added to foods during manufacture, as salt or other compounds, such as Monosodium Glutamate (MSG), Sodium Bicarbonate, Sodium Nitrate or Sodium Nitrite.

It is often difficult to tell which foods are high in sodium as they may not necessarily taste salty, tomato ketchup for example.



You will find the sodium content declared on Tesco brand foods. This figure includes not only the sodium from salt, but that from other sodium containing ingredients too. The chart overleaf will give you a general guide as to which foods are high in sodium and those which contain relatively little per serving.

### TRY SOME OF THESE TIPS

FOOD	ALTERNATIVE FLAVOURINGS
BEEF	Mustard - made from powder, grated horseradish, tomato
LAMB	Rosemary, oregano, basil, redcurrant jelly, mint, cumin
PORK	Apple, sage, thyme, cider, coriander, lime, ginger, orange
CHICKEN	Lemon juice, tarragon, marjoram, garlic, white wine, ginger, paprika
FISH	Tarragon, dill, fennel, lemon juice, bay leaf, white wine, parsley
GREEN VEGETABLES	Black pepper, lemon juice, mint, toasted flaked almonds
MASHED POTATOES	Nutmeg, yogurt, paprika, black pepper, parsley
SALAD VEGETABLES	Garlic, oregano, basil, black pepper, yogurt, lemon juice
RICE	Coriander, saffron, onion, red or green peppers
COOKED PASTA	Garlic, nutmeg, basil, black pepper

- Gradually reduce the amount of salt you add to food - your taste buds will quickly adjust as the natural flavour of the food starts to come through.
- Rice, pasta and fresh and frozen vegetables contain very little sodium, so try not to add salt during cooking. Some of the flavourings above make delicious alternatives.
- Try reduced salt versions of products such as canned peas, carrots and baked beans.

- Avoid eating too many crisps, nuts and salty snacks, particularly at the pub. They make you thirsty and likely to drink more.
- If cutting down on salt is difficult, salt substitutes are available. They are not suitable for everyone however - if you have a kidney complaint, or are under medical supervision, you should ask your doctor for advice before using these products.



## SODIUM CHART

### HIGH IN SODIUM PER SERVING

Table Salt  
 Gammon  
 Smoked Haddock  
 Dried Soup (made up)  
 Salami  
 Ham  
 Beans in Tomato Sauce  
 Pizza - Cheese and Tomato  
 Kippers  
 Spaghetti - canned  
 Sausages  
 Tomato Ketchup  
 Corn Flakes  
 Cheddar Type Cheeses  
 Bran Flakes  
 Canned Vegetables  
 Wholemeal Bread  
 Cottage Cheese  
 Drinking Chocolate (made up)  
 Fruit Cake  
 Ready Salted Crisps  
 Mayonnaise  
 White Bread  
 Salted Peanuts  
 Chicken  
 Fish Fingers  
 Butter, Margarine  
 White Fish - fresh/frozen  
 Milk  
 Chocolate Digestive Biscuits  
 Pork - fresh/frozen  
 Lamb - fresh/frozen  
 Beef - fresh/frozen  
 Yeast Extract  
 Canned Vegetables - no added salt  
 Vegetables - fresh/frozen  
 Pulses  
 Pasta and Rice  
 Fruit  
 Nuts - unsalted  
 Oils

### LOW IN SODIUM PER SERVING

It you have any questions on Healthy Eating, please write to:  
 Customer Services, Tesco Advice Centre, PO Box 18, Cheshunt, Herts, EN8 9SL