**Healthy eating guide: salt / Tesco Stores Ltd.** 

### **Contributors**

Tesco (Firm)

## **Publication/Creation**

Cheshunt: Tesco, [1995?]

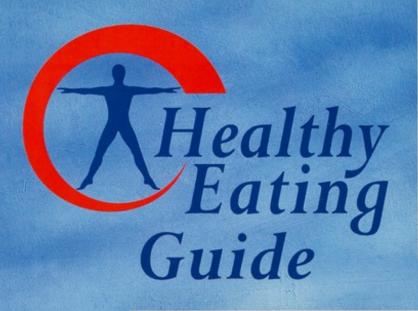
### **Persistent URL**

https://wellcomecollection.org/works/pau2mkdx

## License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).







at TESCO

SALT





Tesco has been promoting a healthy balanced diet for 10 years, since Tesco has been promoting a healthy balanced diet for 10 years, since Government reports recommended we cut down on fat iparticularly saturated fat), sugar and salt, and increase the amount of fibre we eat. These changes are still needed to make our diets more healthy. The Chief Medical Officer, Dr Kenneth Calman has recently said: "I am issuing a challenge to every person in the country to take a small step to improve their own health."

Tesco has taken up the challenge and this leaflet helps you understand the issues with regard to salt in the diet.

#### WHAT IS SALT?

sodium chloride, a compound or thousands of years we have added t. Because of Salt is the name commonly used for which occurs naturally in our food, F salt to our food in order to preserve t because of the lave at the lave at the came a very odity. In the ethods of refining salt were developed and more widely available, ste. its preservative properties, salt by valuable and important commod 19th Century, more efficient med and, as salt became cheaper and we developed a liking for its fasti

#### WHY DO WE NEED SALT?

n and 60% chloride. It is the sodium nt role in controlling the fluid balance in our bodies. hat our muscles and nerves work properly and to I pressure. However, it is thought that too much jute to high blood pressure in some Salt is made up of 40% sodiu in salt which plays an import. Salt is also needed to ensure help us maintain normal bloo sodium in the diet may contri susceptible people.

Having high blood pressure is one factor which increases the risk of developing coronary heart disease, kidney disease and having a stroke.

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 11/2 grams per day (which is equivalent to about 3/4 of a teaspoon of salt). We easily consume this amount each day from the sodium which occurs naturally in our food.

# HOW CAN WE CONTROL THE SODIUM IN OUR DIET?

\_

sodium intake. This is especially important when preparing food for bables and young children. (Bables shouldn't have any added salt at all.) Look at the helpful hints on how to reduce the salt in your cooking on the back of this leaflet. NUTRITION

Sodium is also added to foods during manufacture as salt or other compounds such as monosodium glutamate (MSG), sodium bicarbonate and sodium nitrite. high in sodium as they may not necessarily taste salty. You will find the sodium content declared on

INFORMATION A 300 g serving provides: 555 CALORIES • 31.5 g FAT

the sodium content declared on the nutrition information panel of social CRES = 31.5g FAT most Tesco brand foods. This figure includes not only the sodium from salt but that from other sodium-containing ingredients too. The chart on the back page will give you a general guide as to



# TRY SOME OF THESE TIPS

- ▲ 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.
- ▲ Try reduced-salt versions of products such as canned peas, carrots and baked beans.
- Avoid eating too many crisps, nuts and other salty snacks, particularly at the pub as 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.

# HIGH SODIUM FOODS

Table salt
Smoked fish
Dried packet soup
Baked beans in tomato
Canned soup
Bread
Breakfast cereals
Pickles and salad dressings
Dry roasted peanuts
Very low fat spread

Cured or canned meats
Prawns
Stock cubes
Sausages and burgers
Tomato ketchup
Hard cheeses
Milk
Crisps
Fish fingers
Salted butter and margarine

# **HOW CAN TESCO HELP?**

Look out for the Healthy Eating product range (clearly marked with a large Healthy Eating Man symbol). This has been specially developed to be lower in fat and saturated fat, higher in fibre and to provide the right balance of sugar and salt. You'll also find a comprehensive range of information

leaflets, menu planners, recipe cards and recipe leaflets in our store to

help you plan a balanced diet.

