

**"Waiter! There's soup in my salt!" : National Salt Awareness Week,  
11th-17th March 2013 / CASH.**

**Contributors**

Consensus Action on Salt & Health.

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"WAITER! - THERE'S SOUP  
IN MY SALT!"



Charity registration number: 1098818

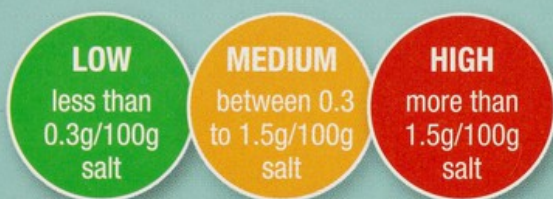
**National Salt  
Awareness  
Week**

11th - 17th March 2013  
[www.actiononsalt.org.uk](http://www.actiononsalt.org.uk)



## A recipe for a tastier and healthier life

- To taste food as it really should taste, use less salt and more tasty ingredients
- This will lower your blood pressure and the risk of stroke, heart disease, heart attacks as well as osteoporosis, kidney disease and stomach cancer
- We are meant to eat less than 6g salt per day – about a teaspoon, but we are eating much more
- Most of the food we buy comes 'ready salted'!
- Cook vegetables and carbohydrates, such as potatoes and pasta, without adding salt



### Try to use more

Herbs  
Spice  
Lemon  
Pepper  
Chilli  
Garlic  
Ginger  
Low salt stock

### Try to use less

Bacon  
Cheese  
Ready made stock  
Tomato ketchup  
Mustard  
Soy sauce  
Ham  
Ready made sauces

- If the recipe says to 'season to taste' or 'add salt' – just leave out the salt!
- Leave the salt shaker in the kitchen cupboard, not on the dining table
- Ask for... *Less salt please*