

EAT LESS SODIUM (SALT)

It is important to remember that most of the salt you eat comes from supermarket and take-away foods.

When shopping, try to buy low-salt and no-added-salt foods:

1. Look for the per 100g column
2. Look for SODIUM
3. Consider buying if sodium is less than 120mg / 100g



Example on food product

This panel is found on most packaged foods

NUTRITION INFORMATION

Servings per package: 8.5 Serving size: 60g		
	Per 60g serve	Per 100g
ENERGY	870kj	1450kj
PROTEIN	6.6g	11.0g
FAT	5.0g	8.4g
CARBOHYDRATE		
-TOTAL	35.6g	59.3g
-SUGARS	11.8g	19.7g
DIETARY FIBRE		
TOTAL	7.9g	13.2g
WATER SOLUBLE	2.1g	3.5g
CHOLESTEROL	NIL	NIL
SODIUM	40mg	80mg
POTASSIUM	350mg	580mg

Aim for less than 120 mg per 100g

