



AVOID THE SALT

Sodium is an essential nutrient for fluid balance in the body but requirements for it are low. Sodium is most commonly found in salt and current sodium intakes far exceed recommendations.

High salt intake increased blood pressure, a significant risk factor in heart disease and stroke. Decreasing salt intake in children can reduce blood pressure in childhood and could reduce the subsequent rise in blood pressure that occurs with age.

Only about 25% of our salt intake is from that which is added during cooking or at the table – the rest comes from eating processed and fast foods. To decrease salt intake:

- use flavourings such as herbs, spices, lemon and tomato in sauces instead of buying jars
- look for crackers that are less than 450mg/100g eg: Huntley & Palmers
- avoid instant noodles with flavouring sachets
- make foods from scratch (adding little or no salt) rather than buying ready made
- check food labels – 75% of salt comes from processed foods
- use little or no salt in cooking and at the table (but if using salt, use iodised salt)
- limit intake of foods high in salt (sodium), such as savoury snacks and chips, biscuits, some breakfast cereals, packaged sauces, processed meats and cheese. Instant noodles are very high!



NUTRITION INFORMATION - WEETBIX

Serving size: 30g (2 biscuits)
Servings per package: 12

	Per serve	Per 100g
Energy (kj)	441	1470
Protein (g)	3.6	12
Fat, Total (g)	0.4	1.4
- Saturated (g)	0.1	0.3
Carbohydrate, Total (g)	20.1	67
- Sugars	0.8	2.8
Sodium (mg)	85	285
Dietary Fibre (g)	3.2	10.5
Dietary Fibre (g)	1.3	5.0

When reading **food labels**, look for the amount of sodium in the 100g column. Remember to consider the portion size to check how much sodium you are getting. As a general rule, aim for less than 450mg per 100g.

- **low-salt foods**
less than 120mg sodium per 100g
- **medium-salt foods**
120mg – 600mg sodium per 100g
- **high-salt foods**
more than 600mg sodium per 100g