

# 5 tips for reducing salt in your diet

1. Don't add salt to your meals - use herbs and spices to season instead.
2. Choose reduced salt versions of foods such as baked beans and sauces.
3. Cook from scratch as much as possible - ready meals and takeaways tend to be high in salt.
4. Check the pack - compare the salt content of similar products and choose the lowest option.
5. Limit your intake of high salt foods - see below.

## Nutracheck recommends

Lower sodium salt  
alternative for cooking

This product contains potassium. Discuss with your GP before using this product if you need to manage potassium due to chronic kidney disease.



# Check the label



Bread



Ketchup



Cooking  
sauces



Canned  
soups



Cheese



Ready meals



Bacon



Olives



Breakfast  
cereals



Ham



Gravy  
& stock  
cubes



Chips



Crisps

Small portions, less often