

# Where do you find added salt?

Salt tastes good and it makes food last longer. So manufacturers add salt to many types of food product, including foods and drinks that you might not expect to find it in. Tick the foods that you think might contain added salt.

- Cheese
- Corn flakes
- Margarine
- Ice cream
- Digestive biscuits
- Tomato soup
- Baked beans
- Tomato ketchup
- Milk
- Bread
- Beef flavour crisps
- Hot chocolate
- Frosted corn flakes
- Baby food
- Strawberry jam
- Gravy granules
- Hot dogs

Answers: They all contain added salt except for the strawberry jam, milk, ice-cream and the baby food. Even sweet foods often contain a bit of added salt to boost the flavour.

