

How can you reduce salt?

Health experts agree that almost everybody should do something to reduce the amount of salt they eat, because a high salt diet can raise blood pressure, and lead to heart problems and brain damage. Up to three quarters (75%) of the salt we eat comes from processed foods, the rest is added in cooking or at the table.

Which of these methods do you think would be the TOP THREE best methods to help people reduce the amount of salt they eat (tick the ones you think would work best).

People could stop adding extra salt to their food when they eat it

The government could create laws which would force manufacturers to reduce the amount of salt they add to processed foods

Manufacturers could voluntarily reduce the amount of salt they add to processed foods

Cooks in restaurants, cafés and canteens could use less salt when cooking

People could take more time to analyse food labels when shopping, to see how much salt they contain

Supermarkets could tell food manufacturers that they will only sell their food if they make it less salty

Food labels could be made clearer, so it's easy to see if a food has a high salt content

The government could provide leaflets and posters explaining how people can reduce the amount of salt they eat

Young people could be asked to complete Activity Sheets about salt at school or for homework!

Answers: There are no right or wrong answers here - just tick the methods that you think might work best. Discuss your answers with your friends and see if they agree.

