

Words you can trust: 'Low salt'



Which of these pies do you think contains the least salt?

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Why would eating the pie with least salt be better for your heart?

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Which descriptions helped you decide?

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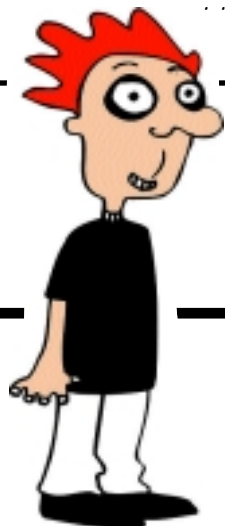
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Why do you think the other product also has a heart symbol on the packet?

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TIP: Look out for the words 'low salt'. This means that the food must contain no more than 1 gram of salt (0.4 grams of sodium)* per 100g.

* Note: Salt is made of sodium and chloride. If the label says 'sodium', you have to multiply the number by 2.5 to work out the amount of salt. 0.4 grams of sodium x 2.5 = 1 gram of salt.