

## Salt and food labels

Checking labels can help you make better food choices.

Often salt content is displayed in a traffic light system (below).

<b>High</b>	<b>Moderate</b>	<b>Low</b>
Over 1.5g salt per 100g or over 1.8g per portion	0.3-1.5g salt per 100g	Under 0.3g salt per 100g

Choose foods with more green coding and fewer with amber coding.  
Avoid foods with red coding.

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Processed foods will often have a high salt content.

Examples of products to check include:

- Ready meals
- Packet or stir in sauces
- Pre-packed sandwiches
- Breakfast cereals
- Dips such as hummus and salsa
- Pastries such as quiche and pies
- Condiments such as ketchup, brown sauce and gravy granules
- Cheese
- Soup