

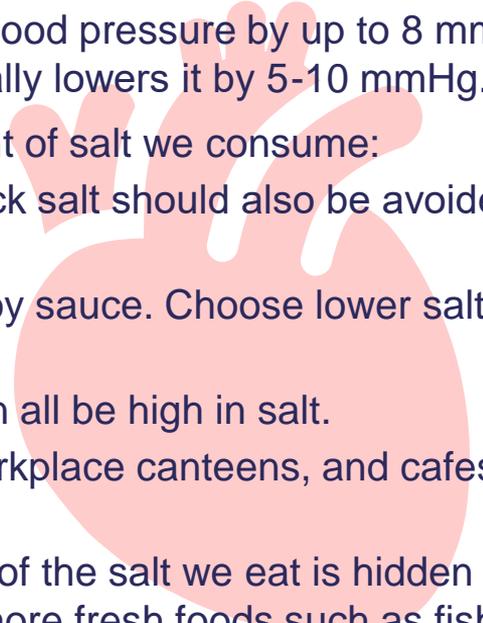
Salt Intake

Why Cut Down on Salt?

- Or is a better question, why add salt? Flavour is the common reason given, because we have taught our taste buds to like salt. The good news is that we can retrain our taste buds to enjoy the true flavour of food without it.
- For most of us, around three-quarters of the salt we eat comes from everyday processed foods, such as ham, cheese, sauces, bread, cereals and ready meals. So keeping a check on foods with salt already added can help you to eat less.



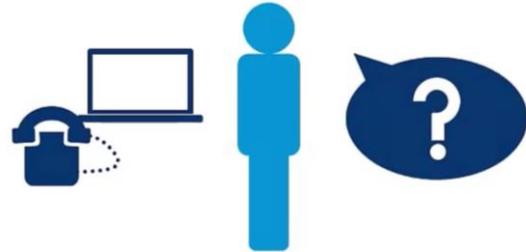
Cutting down

- Studies have shown reducing your salt intake can lower your blood pressure by up to 8 mmHg. That's great when you think a single blood pressure drug typically lowers it by 5-10 mmHg.
 - There are many simple steps we can take to reduce the amount of salt we consume:
 - › Don't add salt at the table or during cooking. Sea salt and rock salt should also be avoided as these are just as high in salt.
 - › Other high salt flavour enhancers include stock cubes and soy sauce. Choose lower salt versions.
 - › Avoid ketchup, mustard, pickles and mayonnaise – these can all be high in salt.
 - › Food eaten outside the home (food bought in takeaways, workplace canteens, and cafes) is often high in salt. Check labels or ask for a lower salt option.
 - › Many processed foods are high in salt, in fact three quarters of the salt we eat is hidden in processed foods, so try to cut down on these and switch to more fresh foods such as fish, chicken, meat, fruit and vegetables or check the label and choose a lower salt option.
- 

Sodexo Supports Me

Contact:

- UK: 0800 072 7072
- ROI: 1 800 62 60 37*
- Abroad: + 44 141 559 6487
- Call any time - whatever the reason and whenever you need it.



**ROI - only from a landline or the following mobile networks: 3G, Meteor, O2, Tesco, Vodafone*

www.icaslifestyle.com

Username: sodexo

Password: supportsmc

