

SALT IS YOUR FOOD FULL OF IT?



FOOD
STANDARDS
AGENCY

eatwell.gov.uk/salt

Most of the salt we eat is
already in the food we buy.
So compare labels on food when
you're shopping and choose
the ones lower in salt.



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SALT QUIZ

- Q1.** Too much salt is bad for your heart.
- True
 - False
- Q2.** How much salt should adults have per day?
No more than...
- 10g
 - 8g
 - 6g
- Q3.** How much salt should children under 11 have?
- Less than adults
 - The same amount as adults
 - More than adults
- Q4.** If a ready meal has 1.8g of salt per 100g, the salt content is?
- High
 - Medium
 - Low