



**Somerset
Council**

Be Salt and Sugar Smart



Facts about salt

- Salt is a mineral substance used by the body for many functions, including regulating fluids and blood pressure.
- Eating a diet high in salt can raise blood pressure.
- 75% of salt we eat is already in the foods we buy (Ultra-Processed Foods).

Max recommended salt per day for adults

1 heaped teaspoon = 6g



Ages	Salt recommendations per day
Adults	No more than 6g
Children aged 11 and over	No more than 6g
Children aged 7-10	No more than 5g
Children aged 4-6	No more than 3g
Children aged 1-3	No more than 2g

It is recommended that babies under 12 months of age are not given any shop-bought or homemade foods that contain added salt, due to their kidneys not being fully developed.

Top tips to become Salt Smart

- Flavour your meals with herbs and spices.
- Get cooking! Take control of how much salt you are adding to your meals.
- Taste your food before adding extra salt.
- Pack your own snacks for work or school: fruit, nuts, or hummus with crackers and vegetable sticks.
- Look at food labels and ingredient lists – is there an alternative with less added salt?
- Recreate your favourite takeaway at home (check out our Fakeaway recipes on the Healthy Somerset website).



Facts about added (or free) sugars

- Added (or free) sugars are those that are added to foods and drinks as well as those contained in table sugar, honey, fruit juices and smoothies.
- Eating a diet high in added sugars can cause tooth decay as well as heart diseases, type 2 diabetes and obesity.

Max recommended added sugar per day for adults

7 level teaspoons = 30g
(1 level teaspoon = 4g)



Ages	Added (or free) sugars recommendations per day
Adults	No more than 30g (7 teaspoons)
Children aged 11 and over	No more than 24g (6 teaspoons)
Children aged 7-10	No more than 19g (5 teaspoons)

For children under 4, the recommendation is to avoid altogether drinks and food with added (or free) sugar.

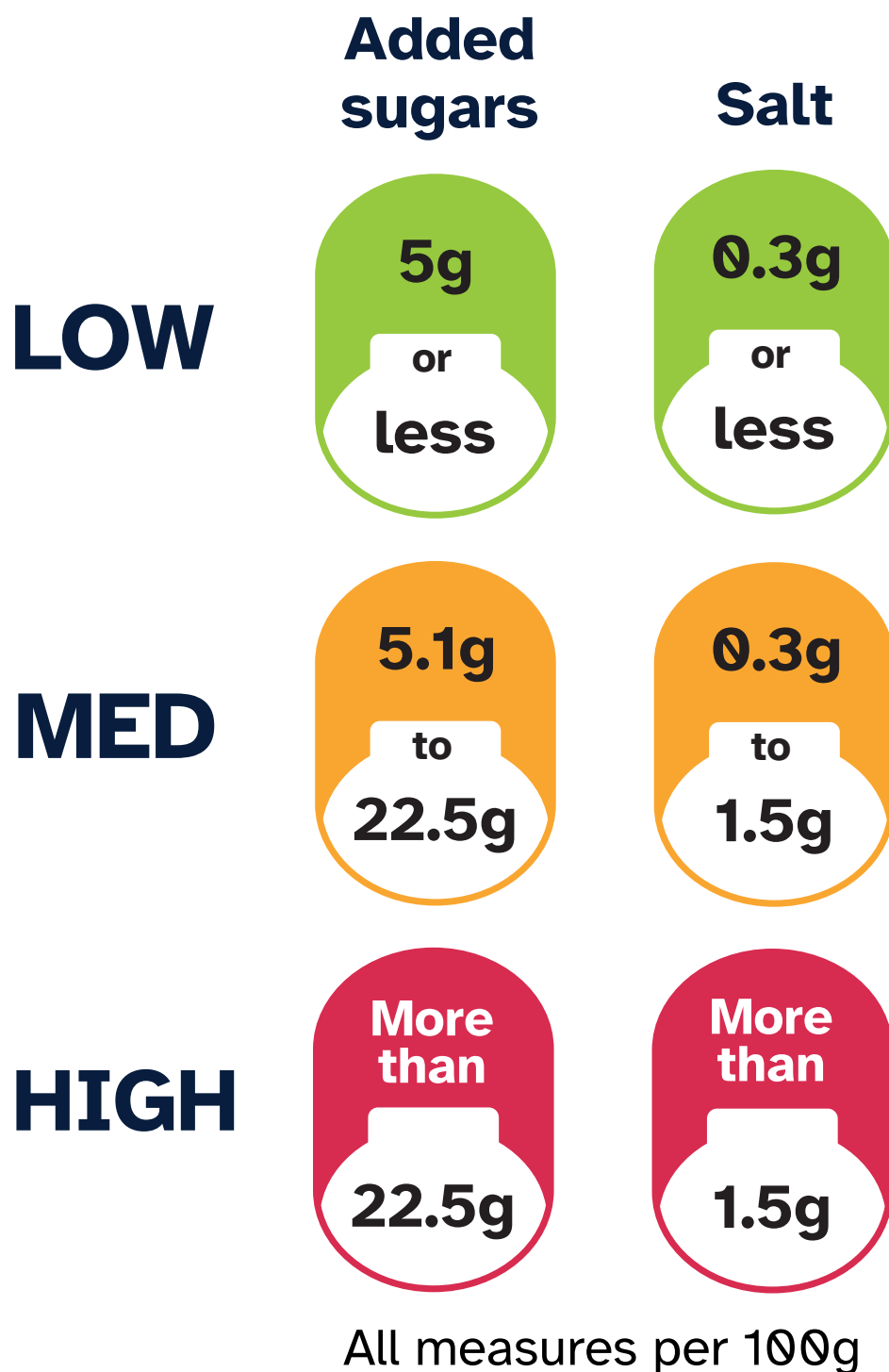
Top tips to become Sugar Smart

- Make water your drink of choice.
- Choose fruit in its whole form rather than having juices or smoothies.
- If you drink juices and smoothies, be mindful that 150 ml per day is the recommended limit.
- Try diluting fizzy and sugary drinks with water, a little at a time.
- Swap sugary cereals to wholegrain breakfast options such as shredded wheat or porridge oats with chopped fruit.
- Look at food labels and ingredient lists – is there an alternative with less added sugar?



The traffic light labelling system*

By understanding the traffic light label, you can monitor how much salt and added (or free) sugar there is in food products.



*Please note, not all food products display this information in the traffic light format.

Start making small changes for healthier choices!

- Can you think of one thing you could do this week to be salt and sugar smart?
- What may stop you from making this change?
- What may help you to make this change?

For more information, please visit:

www.healthysomerset.co.uk

