



Action on Salt

Eating out can be a fun treat for the family. But much to everyone's surprise, many foods can be **FULL of HIDDEN salt!**

Too much salt can taste horrible and is bad for your health. Eating a lot of salt can give you high blood pressure and can cause heart disease.

To make sure you're not eating too much salt, always ask for **"LESS SALT PLEASE!"**

GUIDE OUR FAMILY SAFELY HOME THROUGH THE MAZE

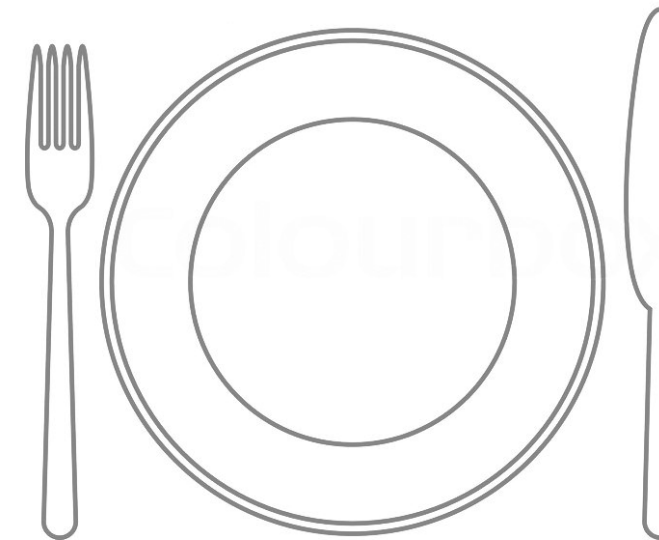


Play detective and find the hidden salt lurking in your food



WHAT'S YOUR FAVOURITE HEALTHY MEAL TO EAT?

Draw it below

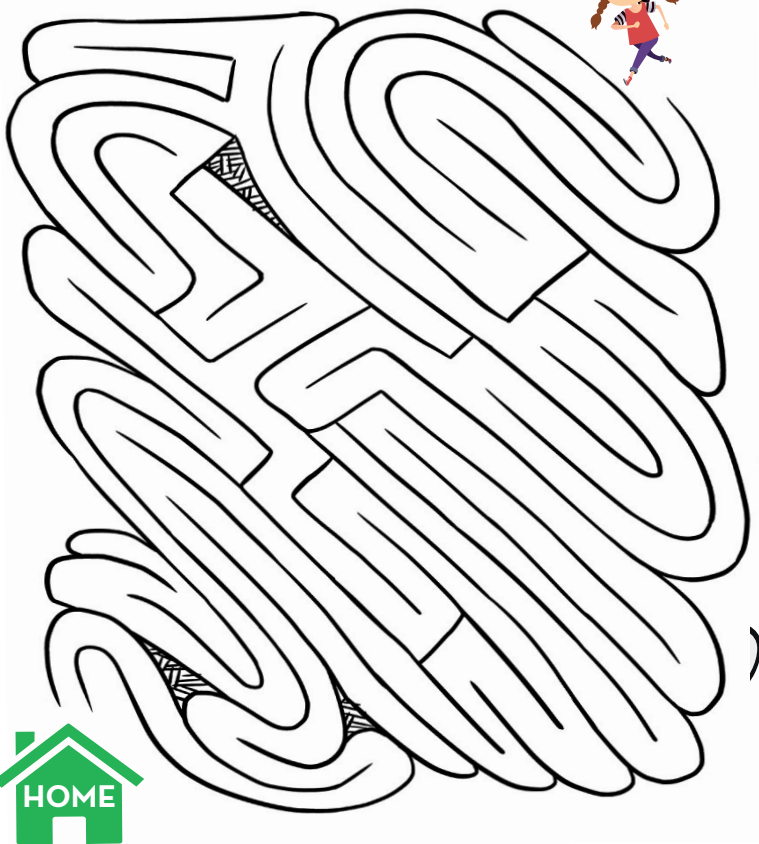


WORDSEARCH

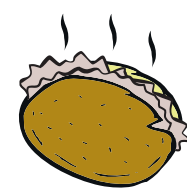
Find the foods which are often high in salt:

S	H	G	A	Z	Z	I	P	B	A	K	I
L	P	S	I	O	D	A	Y	S	R	L	P
C	R	E	H	B	B	I	J	E	Q	N	D
H	M	I	A	S	R	F	T	V	K	O	A
E	C	P	M	N	A	T	F	I	E	M	E
E	R	T	S	R	U	N	G	L	T	M	R
S	H	A	P	B	L	T	N	O	C	A	B
E	S	E	G	A	S	U	A	S	K	G	J
Z	Z	M	N	E	K	E	T	C	H	U	P

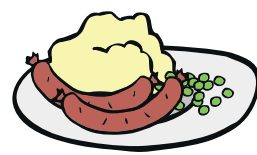
- CHEESE ▪ BACON ▪ PEANUT ▪ BUTTER ▪ MEAT PIES
- PIZZA ▪ HAM ▪ BREAD ▪ OLIVES ▪ SAUSAGES
- KETCHUP ▪ GAMMON



PUT THESE MEALS IN ORDER OF WHICH YOU THINK CONTAIN THE MOST SALT TO THE LEAST



Tuna Jacket Potato



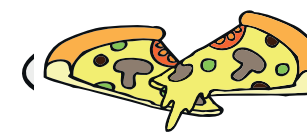
Sausages & Mash



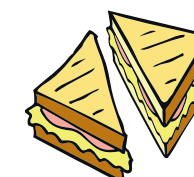
Spaghetti Bolognese



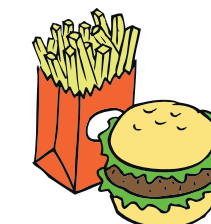
Chicken Stir Fry



Pepperoni Pizza



Cheese & Ham Toastie



Hamburger & Chips

ANSWERS:

- How many times does the word 'SALT' appear? **12 times**, including 'salt' in the magnifying glass
- Put these meals in order of which you think contain the most salt to the least:

1. Pepperoni Pizza

SALT FACT! Pepperoni & ham pizzas are often very high in salt. Opt for classic thin crust pizzas with more veggies & less meaty toppings!

2. Cheese & Ham Toastie

SALT FACT! Cheeses vary in the amount of salt they contain e.g. mozzarella often contains less than cheddar.

3. Sausages and Mash

DID YOU KNOW? Processed meats such as sausages are often high in salt. Watch out for gravy which can also be high in salt.

4. Hamburger and Chips

DID YOU KNOW? Extras such as cheese & bacon and sauces such as ketchup, BBQ sauce & mayonnaise are often high in salt.

5. Chicken Stir Fry

SALT TIP! No need to add extra soy sauce as this is high in salt.

6. Spaghetti Bolognese

SALT TIP! Try not to add too much extra cheese such as grated cheddar or parmesan, which is high in salt.

7. Tuna Jacket Potato

DID YOU KNOW? Tuna tinned in water is less salty than tuna in brine.

All meals eaten out of the home at restaurants or bought from supermarkets can vary in their salt content, with some containing more than others.

HERE ARE OUR TOP TIPS FOR EATING LESS SALT:

- Don't add extra salt, during cooking or at the table.
- Always check to see if restaurants, cafes or fast food chains provide nutrition information either online or in store, to see how much salt is in your food.
- Check the labels on food packaging! Use colour coded front of pack labels to see whether a food has a high (RED), medium (AMBER) or low (GREEN) amount of salt, opting for foods with more 'greens' & 'ambers' and less 'reds'!
- Use FoodSwitch UK, our free app which instantly gives you colour coded values and provides healthier alternatives.

Download today from Google Play or iTunes!

