



How much salt?

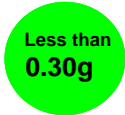
Use the key below to work out if your food contains a high, medium or low amount of salt

LOW

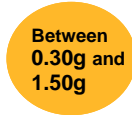
MEDIUM

HIGH

HIGH



Per 100g



Per 100g



Per 100g



Per portion



How much salt?

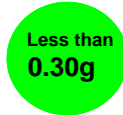
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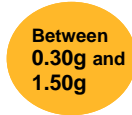
MEDIUM

HIGH

HIGH



Per 100g



Per 100g



Per 100g



Per portion



How much salt?

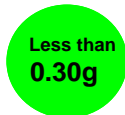
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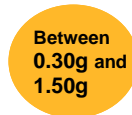
MEDIUM

HIGH

HIGH



Per 100g



Per 100g



Per 100g



Per portion



How much salt?

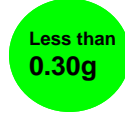
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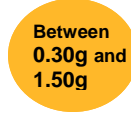
MEDIUM

HIGH

HIGH



Per 100g



Per 100g



Per 100g



Per portion



How much salt?

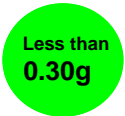
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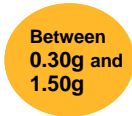
MEDIUM

HIGH

HIGH



Per 100g



Per 100g



Per 100g



Per portion



How much salt?

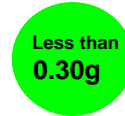
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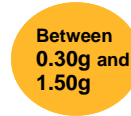
MEDIUM

HIGH

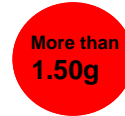
HIGH



Per 100g



Per 100g



Per 100g



Per portion



How much salt?

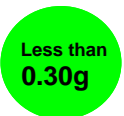
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LOW

MEDIUM

HIGH

HIGH



Per 100g



Per 100g



Per 100g



Per portion



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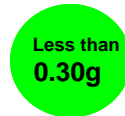
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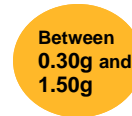
MEDIUM

HIGH

HIGH



Per 100g



Per 100g



Per 100g



Per portion