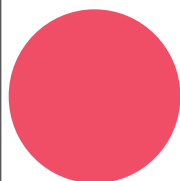


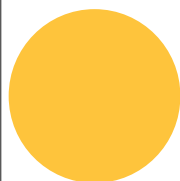
How to watch your salt



Eat these rarely

Higher in salt: The label will say more than 20% DV (daily value); 400+mg sodium.

- Processed meats (Ham, bacon, corned beef, burgers, sausages)
- Pizzas, pot noodles and instant noodles
- Whole milk, cream, sour cream; coconut cream or milk, most cheeses (cheddar, cream cheese)
- Butter, ghee, lard, palm and coconut oil
- Cakes, cheesecake and ice-cream, most pastry or cream-based desserts, sweet bread and sweet biscuits
- Salted popcorn, crisps and salted/roasted nuts, sour-cream and mayo-based dips and cheese dips
- All types of sea and table salt, stock cubes; table sauces (BBQ, ketchup, soy sauce)



Eat these sometimes

Medium salt choices: The label will say 6%-19% DV (daily value); 140-400 mg sodium.

- Most breakfast cereals (Puffed rice, corn flakes, bran flakes, wheat biscuits); cereal bars
- Bread such as rye and soda; pre-made pasta
- 2% milk, soy milk or cream; yogurt; cottage cheese and low-fat cream cheese; mozzarella; eggs
- Breaded poultry; minced meat; canned soups and ready-made meals
- Fish cakes, fish in batter or crumbs; fish in sauce; canned fish in oil; vegetarian sausages or burgers
- Pickled veggie; baked beans, canned veggie with salt added; canned fruit in syrup; pre-made salads
- Fruit buns; frozen yogurt; fruit crumble; jelly; "diet" desserts (Light chocolate mousse, reduced-fat ice cream)
- Flavored breadsticks, low-salt chips; flavored rice cakes; crackers and biscuits; waffles



Eat these often

Low salt choices: The label will say 5% or less of % DV (daily value); 140 mg or less of sodium.

- Whole grains (Couscous, quinoa, rice, pasta); potatoes and boiled plantain
- 1% fat milk, skim milk, light soy milk and soy cream, low-fat or fat-free yogurt
- Extra Lean and lean meat, and white or oily fish; canned fish in water; tofu
- Fresh, frozen, dried or canned fruits and veggies (with no added salt)
- Sugar-free jellies or jams, rice pudding; fruit salad, ready made fruit snacks
- Unsalted popcorn, plain rice cakes, plain breadsticks; unsalted nuts and seeds; salsa dips
- Vinegar, lemon juice and cooking wine; herbs and spices, tomato puree with no added salt