



FOOD
STANDARDS
AGENCY

For more information about salt, visit salt.gov.uk

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How to look out for

SALT

when you're shopping

Multiply sodium by 2.5 to find out the salt level

LOW



MEDIUM



HIGH



0g 0.1g 0.2g 0.3g 0.4g 0.5g 0.6g 0.7g 0.8g 0.9g 1.0g 1.1g 1.2g 1.3g 1.4g 1.5g 1.6g 1.7g 1.8g 1.9g 2.0g

Check the label to see how much salt is in the food per 100g.
Then you can work out if the food is high, medium or low in salt, using this scale.