



# Be Salt Aware

The 4<sup>th</sup> National Alport Information Day  
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Julie Royle, Renal Dietitian,  
Royal Manchester Children's Hospital





# Salt intake & the health of children

Children – eating as much salt (or more) than adults

Salt intake increased > 50% over last 10 years

## **Health risks**

- Blood pressure
- Calcium loss from bones
- Stomach cancer
- Asthma



## How much salt should children have?

| <b>Age</b>   | <b>Salt</b> | <b>Sodium</b> |
|--------------|-------------|---------------|
| 0 - 1 years  | <1g         | <0.4g         |
| 1 - 3 years  | 2g          | 0.8g          |
| 4 - 6 years  | 3g          | 1.2g          |
| 7 - 10 years | 5g          | 2.0g          |
| 11 years +   | 6g          | 2.4g          |

These are maximum intakes



## Sources of salt in the diet

- 75 – 80% hidden in processed and convenience foods
- 20 – 25% as salt added during cooking and at the table
- Children snack on sweet and savoury processed foods
- Takeaways

## Foods that are often high in salt

Try to eat smaller amounts of these, or have them less often.

- Bacon
- Cheese
- Chips (if salt added)
- Ham
- Olives
- Pickles
- Prawns
- Salami
- Salted and dry roasted nuts
- Smoked meat and fish
- Soy sauce
- Stock cubes, gravy granules
- Yeast extract

## Foods where some brands/recipes are high in salt

Compare the labels on similar foods and choose the ones lower in salt.

- Bread products such as crumpets, bagels and ciabatta
- Pasta sauces
- Crisps
- Pizza
- Ready meals
- Soup
- Sandwiches
- Sausages
- Tomato ketchup, mayonnaise and other sauces

# Understanding food labels



Look at the figure for salt per 100g.

**High** is more than 1.5g salt per 100g (or 0.6g sodium)

**Low** is 0.3g salt or less per 100g (or 0.1g sodium)

If the amount of salt per 100g is in between these figures, then that is a **medium** level of salt

# Which food groups contribute the most salt to primary school-aged children's diet?



40%



21%



9%

9%





# Typical day's diet for a 7 -10 year old

## Breakfast

Multigrain hoops & semi-skimmed milk

Snack: Chocolate digestive biscuit

## Portion

30g & 125ml

2 biscuits

## Salt

0.5g

0.5g

## Lunch

Ham & cheddar cheese sandwich

Ready salted crisps

Apple

Snack: Bread & peanut butter

2 slices bread

25g (multi-pack)

1 x medium

1 slice bread & 15g PB

2.5g

0.4g

trace

0.6g

## Evening Meal

Sausages

Baked beans

Oven chips

Ice cream & sliced banana

Drinking chocolate

2

half a small tin (100g)

100g

1 scoop & half a banana

200ml milk & 3tsp choc

1.6g

1.0g

0.3g

0.1g

0.5g

**Total salt 8g**





## How to reduce the amount of salt

### **The salt for this day could be halved by:**

- Choosing a cereal with less salt
- Replace choc biscuits with fun-size choc bar
- Choose a lower salt bread and sandwich filling e.g. tuna, fresh chicken or egg mayo
- Make a homemade pasta salad
- Choosing no added salt crisps or popcorn
- Replacing sausages with a lower salt alternative e.g. freshly cooked lean meat or fish or a homemade burger
- Swapping baked beans for frozen or fresh veg



## Practical ways to reduce your child's salt intake

- Check food labels for salt & compare brands
- Limit foods high in salt to once a day
- Keep takeaways as an occasional treat
- Swap salty snacks for lower salt alternatives
- Reduce intake of ketchup & other sauces
- Make your own sandwiches
- Vary packed lunches
- Don't add salt to food (cooking & at table)
- Choose lower salt flavour enhancers e.g. stock cubes, gravy granules
- Use herbs, spices, garlic, pepper, lemon juice to add flavour



# Did you know?

## **Salt content equals.....**

## **pkts salted crisps**

|  |   |
|--|---|
| 1 bowl cornflakes                      | 1 |
| 1 slice toast & marmite                | 2 |
| 2 sausages                             | 3 |
| 1 bowl soup & 1 slice bread            | 4 |
| ½ deep pan pepperoni pizza             | 4 |
| 1 frankfurter in roll & ketchup        | 5 |
| Small tin baked beans & 2 slices toast | 5 |
| 1 Pot noodle                           | 6 |
| 1 All day Breakfast sandwich           | 6 |
| 1 chocolate muffin                     | 1 |
| 1 slice bought cake                    | 1 |

## Useful web-sites:

[www.actiononsalt.org.uk/consumers](http://www.actiononsalt.org.uk/consumers)



Use **FOODSWITCH UK** to see what's in your shopping basket, and make better food choices when shopping for you and your family.

**FOODSWITCH UK** is available as a free, UK-only download from iTunes and Google Play. - See more at: <http://www.actiononsalt.org.uk/foodswitch/index.html#sthash.6ak7kqc8.dpuf>