

Low-salt swaps and label guide

About three-quarters of the salt we eat is already in packaged and takeaway food. These simple swaps take most of it out, and your taste buds adjust within a few weeks.

Instead of...	Try...
Stock cubes	Low-salt stock, or water plus herbs and garlic
Soy sauce	Salt-reduced tamari, used sparingly, or lime and ginger
Packet sauces and gravies	Blended tomato, onion and spices; mushroom gravy
Salted crackers and chips	Air-fried potato wedges, rice cakes, vegetable sticks
Cheese	Nutritional yeast, or a silken tofu and mustard sauce
Processed meats	Smashed chickpeas, marinated tempeh, mushrooms
Canned beans in brine	"No added salt" cans (or rinse well)
Takeaway	A big pot of soup or chili in the freezer for busy nights

Reading the label

- Look at **sodium per 100 g**.
- **Under 120 mg**: low salt, the best choice.
- **120–400 mg**: okay sometimes.
- **Over 400 mg**: high; look for another option.

Flavour without salt

- Lemon, lime and vinegar
- Garlic, ginger and onion
- Smoked paprika, cumin and chilli
- Fresh herbs added at the end
- Nutritional yeast for a "cheesy" taste

Daily target: under 5 g of salt a day, about one level teaspoon in total, including what's already in your food. Taking blood pressure medication or have kidney disease? Ask your doctor or pharmacist before using potassium-based salt substitutes.