

Low Salt Handy Shopping Guide

Use this handy guide to help you make lower salt choices. Remember to keep an eye on your portion size, as these tables are based on salt per 100g.

Limit These Foods

They are usually high in salt.

Eat only occasionally or as a treat

Bread, cereals & starchy foods

All Bran, Bran Flakes, Corn Flakes, Frosties, Fruit 'n' Fibre, Grapenuts, Oat Bran Flakes, Rice Krispies, Shreddies, Special K, Sultana Bran
Bagel, French stick, crumpets, naan bread, pappadum, Sandwiches made with cheese, processed meat
Instant noodles, tinned spaghetti

Meat, Fish & Vegetarian Alternatives

Processed meat e.g. bacon, sausages, ham, corned beef, pâté, burgers, faggots, gammon
Meat pie, pasties, sausage rolls, pork pies
Smoked fish, sardines in brine
Processed fish e.g. fish paste, scampi, seafood sticks
Prawns & shellfish

Eggs & Dairy

Most cheeses e.g. cheddar, red Leicester, double Gloucester, cheese spread
Quiche Lorraine, Scotch egg

Vegetables

Hummous

Savoury Snacks

Potato crisps, corn or maize snacks e.g. Wotsits or tortilla chips, prawn crackers, salted popcorn, Twiglets

Cook-in sauces, Table Sauces & Seasonings

All types of salt e.g. rock, sea & table salt
Soy sauce, Marmite

Check the Label!

These foods contain some salt

Try to choose lower salt options

Bread, cereals & starchy foods

Cheerios, Clusters, Coco Pops, Muesli, Nutri-Grain, Ricles, Weetabix, Weetos
Bread including malt, rye & soda, pitta bread, chapatti, Croissants, English muffins
Cream crackers, water biscuits
Processed potato products e.g. waffles, croquettes, instant mash

Meat, Fish & Vegetarian Alternatives

Peanut butter
Offal
Fish in breadcrumbs or batter, fish in sauce, whitebait, tuna in brine, tinned salmon
Quorn

Eggs & Dairy

Cottage cheese, cream cheese e.g. Philadelphia
Eggs, plain / cheese omelette
Savoury pancake

Vegetables

Baked beans - reduced salt
Tinned vegetables with added salt, pickled vegetables

Savoury Snacks

Roasted & salted nuts

Cook-in sauces, Table Sauces & Seasonings

Mayonnaise, tomato ketchup, peanut butter, pasta & curry sauces, packet sauces, Worcestershire sauce, sweet pickle
Oxo cubes, including reduced salt version
Bisto gravy granules, including reduced salt version

Sweet Snacks

Digestive biscuits

Lower Salt Options

They are lower in salt

Try and choose these foods most often

Bread, cereals & starchy foods

Muesli with no added salt & sugar, Porridge, Puffed Wheat, Ready Brek, Shredded Wheat, Sugar Puffs
Hot cross buns
Crispbreads e.g. Ryvita, unsalted rice cakes
Grains e.g. couscous, bulgar wheat, quinoa, rice & pasta

Meat, Fish & Vegetarian Alternatives

Fresh, lean meat
Fresh white & oily fish
Tinned fish in water, oil or tomato
Tofu

Eggs & Dairy

Sweet pancake

Vegetables

Fresh, frozen & dried vegetables & pulses
Tinned tomatoes

Savoury Snacks

Salt 'n' Shake crisps (without the salt sachet), unsalted nuts, plain popcorn

Cook-in sauces, Table Sauces & Seasonings

Reduced salt tomato ketchup, HP reduced salt brown sauce
Tomato puree, vinegar, lemon juice, herbs & spices
Heinz for Baby stock cubes, Kallo very low salt stock cubes

Sweet Snacks

Rich tea biscuits, Gingernut biscuits

