

## Why think about salt?



Too much salt is bad for your health because it can raise your blood pressure. Adults should eat **less than 6g a day** and children should have even less.

The good news is that you can help! A number of companies have successfully reduced the salt content of their products by making small reductions over a period of time without their customers noticing.

Research has shown that 10-20% reductions in salt are not noticed. You can easily reduce the amount of salt without your customers tasting any difference.

## What can I do?

Read the **5 step plan** outlined in this booklet and make small reductions regularly over a period of a few months. Just a few simple changes will reduce the salt in your pizza, and give your customers choice.



**Consensus Action on Salt & Health**

www.actiononsalt.org.uk  
Email: cash@qmul.ac.uk

Charity Registration No. 1098818

# 5 simple steps to reduce salt in your pizzas





# What can I do to reduce salt in my pizzas without affecting the taste or my profits?

## Step 1



### Dough

Restaurants have a wide range of salt to dough ratios. It is possible to reduce to 50g of salt for a 20kg batch of dough.

### What can I do?

#### Preparing lower salt dough:

- ✓ Try using a ratio of 50g of salt per 20kg of dough
- ✓ Change your recipe gradually, week by week until you reach this target

## Step 2



### Tomato sauce

Salt in the tomato sauce may come either directly from a pinch of salt added or from ingredients used to make the sauce.

### What can I do?

#### Preparing lower salt sauce:

- ✓ Buy salt free tinned tomatoes
- ✓ Buy salt free tomato purée
- ✓ Add less salt to the sauce mix
- ✓ When seasoning tomato sauce, try some of the following salt free alternatives:
  - Black pepper
  - Oregano
  - Garlic
  - Chillli
  - Onion
  - Lemon juice
  - Coriander
  - Lime juice
  - Basil
  - Vinegar
  - Tarragon
  - Wine

## Step 3



### Cheese

The Department of Health has set a salt target for mozzarella cheese sold for commercial use. Your cheese should contain no more than 1.5g salt per 100g.

### What can I do?

#### Buying lower salt cheese:

- ✓ When buying mozzarella check the salt content. Try to buy mozzarella with less than 1.5g salt per 100g
- ✓ When adding grated mozzarella cheese to the pizza, drop from a height to gain an even spread
- ✓ Add less cheese, this will also save you money, and cut down on saturated fat

## Step 4



### Choosing lower salt toppings

Some of the salt in your pizza will already be in the ingredients you buy. By checking the label you may be able to choose a lower salt product for the same price.

**Salt is made up of sodium and chloride. Some nutrition information labels on food packaging may list salt as sodium. To convert sodium to salt, multiply by 2.5. For example, if a product is labelled as 1g sodium per 100g, it contains 2.5g salt per 100g.**

### What can I do?

- ✓ Compare the salt content per 100g of a few similar ingredients
- ✓ Choose a lower salt option
- ✓ Try using less of the toppings from the red list on your pizzas

## Step 5



### Giving your customers a choice

The changes outlined in this guide will help you to give your customers the choice to eat a lower salt pizza. Consumer taste palates in the UK are changing and customers are choosing and preferring lower salt and fat foods. Be ready by giving them the option! In the event that a customer wants more salt, they can simply add it themselves.

### What can I do?

- ✓ Include some pizzas with lower salt toppings on your menu
- ✓ Try to limit the number of pizzas on your menu with several high salt toppings
- ✓ Consider offering some high salt toppings such as olives and capers only if customers ask for them as an extra

The following table can be used as a guide to see which ingredients tend to be higher or lower in salt.

Low Salt Ingredients	High Salt Ingredients
Artichoke (Fresh)	Anchovies
Asparagus (fresh)	Artichoke (in brine)
Avocado	Bacon
Balsamic vinegar	BBQ sauce
Chicken (fresh)	Capers
Chilli	Cheese
Courgettes	Cooked ham
Egg	Feta
Garlic	Goats cheese
Herbs	Meatballs
Jalapeño pepper	Olives (in brine)
Mushrooms	Parma ham
Onion	Pepperoni
Peppers (capsicum)	Pesto
Pineapple	Prawns
Rocket	Salami
Soft white cheese	Sausage
Spinach	Seasoned chicken
Sweetcorn	Sundried tomatoes
Tomato (fresh)	Tabasco sauce
Tuna (in water)	Tuna (in brine)

