

Healthy choices - low salt shopping guide

Struggling to read food labels in supermarkets? Use this guide to reduce your intake of salt and saturated fat. Remember to keep an eye on your portion sizes.

Limit these foods

They are usually high in salt and/or saturated fat
Eat only occasionally or as a treat

Bread, cereals and starchy foods

Sandwiches filled with cheese and/or processed meat
Pizzas;
Pot noodles and instant noodles

Eggs and dairy

Whole milk, cream, soured cream and crème fraîche; Coconut cream/milk; Most cheeses e.g. cheddar, brie, stilton, parmesan, cream cheese and processed cheese; Quiches

Fats and oils

Some fats e.g. butter, ghee, dripping, lard and suet
Some oils e.g. palm and coconut oil
Pastry

Meat, fish and vegetarian alternatives

Processed meat e.g. pâté, ham, bacon, gammon, corned beef, burgers, sausages
Meat pies and sausage rolls
Smoked fish; Prawns & shellfish; Tinned anchovies & tuna in brine
Vegetarian and meat free sausage rolls, pies and bacon

Fruits and vegetables

Vegetable pies
Some pre-prepared vegetable dishes

Desserts and sweet snacks

Cakes, cheesecake and ice-cream; Most pastry- or cream-based desserts; Hot chocolate made with milk or cream
Confectionary e.g. fudge, chocolate, toffee, sweets; Sweet biscuits

Savoury snacks

Salted popcorn, crisps and salted or roasted nuts
Sour cream- and mayonnaise-based dips and cheese dips
Cheese flavoured biscuits
Olives; sundried tomatoes

Cook-in sauces, table sauces and seasonings

All types of salt e.g. rock, sea and table salt; Stock cubes; Spreads e.g. yeast extract (marmite), chocolate spread, peanut butter; Table sauces e.g. soy, horseradish, bread and BBQ sauce, ketchup, mayonnaise, salad cream and mustard; Tabasco sauce Curry paste; Pesto

Check the label!

These foods can contain some salt and/or saturated fat
Choose lower salt options

Bread, cereals and starchy foods

Most breakfast cereals e.g. puffed rice, corn flakes, bran flakes, muesli and wheat biscuits
Bread including rye and soda; Most sandwiches
Processed pasta e.g. tinned in sauce, filled and pasta salad

Eggs and dairy

Semi skimmed milk, soya milk including flavoured and soya cream
Yoghurt and low fat crème fraîche
Cottage cheese and low fat cream cheese; Mozzarella
Eggs

Fats and oils

Low fat spreads

Meat, fish and vegetarian alternatives

Breaded poultry; Extra lean mince; Meat-based soup and ready meals
Fish cakes, fish in batter or crumbs, fish in sauce; Tinned fish in oil
Vegetarian sausages and burgers and meat free ready meals; Quorn

Fruits and vegetables

Pickled vegetables; Processed potatoes e.g. croquettes, waffles and oven chips
Baked beans; Tinned vegetables with salt added; Tinned fruit in syrup
Prepared salads; Vegetable soup and ready meals

Desserts and sweet snacks

Fruit buns; Frozen yogurt; Fruit crumble; Jelly; Fruit trifle
'Diet' desserts e.g. light chocolate mousse
Some sweet biscuits e.g. jaffa cakes, rich tea; reduced fat biscuits
Cereal bars, breakfast pots (yogurt-based)

Savoury snacks

Flavoured breadsticks and low salt crisps; Crispbreads, oatcakes and flavoured rice cakes; Savoury crackers and biscuits
Dried wasabi peas
Most vegetable - or pulse-based dips e.g. hummus and guacamole

Cook-in sauces, table sauces and seasonings

Low salt stock cubes; Gravy
Pasta and curry sauces
Packet sauces e.g. bread, cheese and onion sauce; Chutneys & pickles

Low salt options

Lower in salt and/or saturated fat
Try and choose these foods

Bread, cereals and starchy foods

Some breakfast cereals e.g. shredded wheat, porridge oats and muesli with no added salt
Grains e.g. couscous, bulgar wheat, quinoa, gnocchi, rice and pasta
Potatoes and plantain

Eggs and dairy

1% fat milk, Skimmed milk, light soya milk and light soya cream
Low fat/ fat free yogurt, soya yogurt

Fats and oils

Some oils e.g. olive, rapeseed, canola, peanut/groundnut, sunflower, sesame and corn oils

Meat, fish and vegetarian alternatives

Fresh, lean meat and white and oily fish
Tinned fish in water
Soya mince and tofu

Fruits and vegetables

Fresh, frozen and dried fruits, vegetables and pulses
Tinned fruit and vegetables with no added salt

Desserts and sweet snacks

Sugar free jelly; Low fat yoghurt; rice pudding
Fruits and fruit salad, ready prepared fruit snacks; dried fruit
Meringue

Savoury snacks

Unsalted popcorn; Rice cakes; Plain breadsticks
Unsalted nuts and seeds (in moderation); No added salt crisps
Salsa dips

Cook-in sauces, table sauces and seasonings

Vinegar, lemon juice and wine
Herbs and spices; Tomato puree
Apple, cranberry and mint sauce