

# SALT

Salt is a mineral made up of sodium and chloride that is used to preserve and flavour food. We need a small amount of sodium to help control the water levels in the body and for nerve and muscle function. We get enough sodium for this from everyday foods like milk, yoghurt, eggs, meat, fish, and poultry.



Too much sodium is not good for us and can increase our risk of serious long-term health problems. It is important to limit our intake of sodium from other sources, including packaged foods.

## Tips to reduce salt intake



Don't add salt during preparation/cooking or at the table.

Choose whole, unprocessed foods where possible. Processed foods are often high in sodium.



For flavour try herbs and spices, lemon or lime juice, vinegar, garlic, or ginger instead.

If buying packaged foods, look for foods with less than 120mg per 100g of sodium. See our [label reading guide](#) for more information.



If you have any concerns about your child, contact your local [Child and Family Health Nurse service](#), [Aboriginal Maternal and Infant Health Service \(AMIHS\)](#), [Building Strong Foundations \(BSF\)](#), for [Aboriginal Children, Families and Communities](#), or GP.



Health  
Hunter New England  
Local Health District



HNEkidshealth  
Children, Young People & Families



*Healthy Beginnings for HNEKids acknowledge the traditional custodians of the land on which we work, live and gather, recognising their continuing connection to land, water and community.*

*We pay respects to Elders past, present and emerging, as well as Aboriginal people who have provided valuable guidance to the development of this project.*