

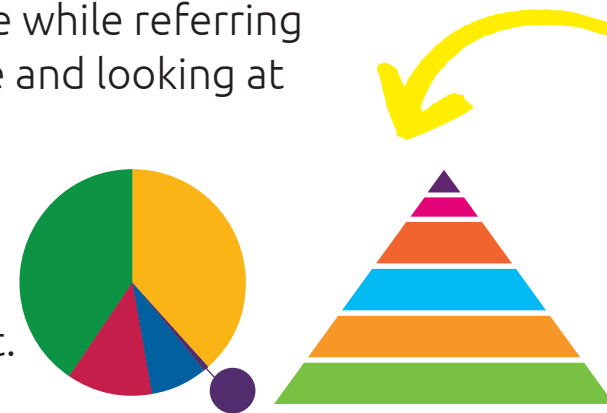
Facilitators notes

It is important to remember that even if a food is in the medium/high category e.g. baked beans or cheese; they can still be a healthy option as they provide other nutrients. Encourage participants/parents/carers to compare foods when buying them e.g. weetabix, porridge contains less salt than rice krispies (and is higher in fibre).

Foods like crisps and salty snacks do not provide other nutrients – that's why they are on the top shelf of the food pyramid/Eatwell Guide.

The Saltometer exercise should be done while referring back to the food pyramid/Eatwell Guide and looking at healthier options:

- E.g. with pizza, avoid pepperoni and extra cheese.
- Homemade soup rather than tinned/packet soup will have less salt.
- Spaghetti has less salt than dried flavoured noodles.
- Choose unsalted crackers.



Medium/High Salt Foods

Bread
Breakfast Cereals
Cereal Bars
Crisps and Savoury Snacks
Popcorn
Baked Beans
Pizza
Cheese
Sausages
Salted Crackers
Rashers
Packet or Tinned Soups
Jars of Pasta Sauce

Low Salt Foods

Fruit
Vegetables
Fresh Meat or Fish
Milk
Smoothies
Yogurts
Rice
Pasta
Potatoes
Porridge
Weetabix



Salt Game

Aim

To support Heart Health.

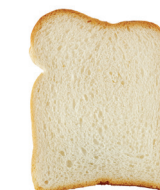
Materials

Empty packets of foods like:

Pizza



Bread loaf



Crisps



Milk



Toothpicks



Sticky tape



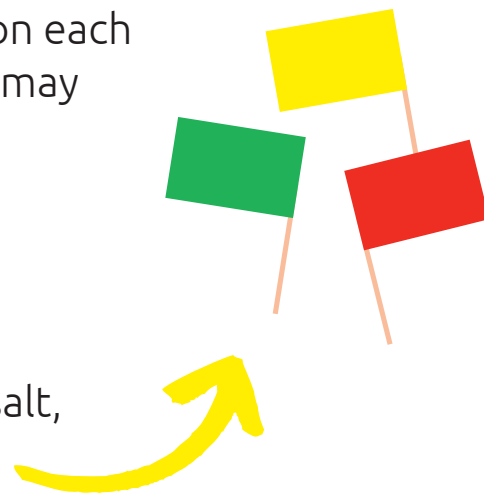
Pieces of paper coloured paper - green, yellow & red



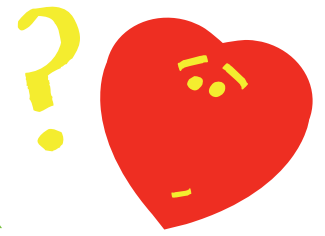
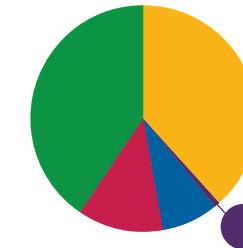


Instructions

1. Lay out the foods on a table.
2. Make flags by sticking the pieces of coloured paper on the toothpicks.
3. Ask participants to look at the food labels on each of the foods and find the salt content (you may need to help).
4. Use the Saltometer to check if the salt content is low, medium or high.
5. Stick a flag into each food – green for low salt, yellow for medium and red for high.
6. Ask participants if they were surprised with the salt content of any of the foods.
7. Remind participants that foods that have a medium or high salt content should be eaten in moderation.



Saltometer



Low		Medium						High			
↓								↑			
0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0+	
Sodium in grams											
0	0.25	0.50	0.75	1.0	1.25	1.5	1.75	2.0	2.25	2.5	
Salt in grams											

0.6g sodium per 100g = high
 0.6g – 0.1g per 100g = medium
 0.1g sodium per 100g = low,
Ref: Food Standards Agency UK

1.5g of salt per 100g = high
 0.3g -1.5g of salt 100g = medium
 0.3g salt per 100g = low
Ref: Irish Heart Foundation