

Easy ways to reduce salt



Shop for lower salt foods.
Read the label and choose
foods that have the lowest
sodium (salt) per 100g.



Drain the salty brine
from canned foods.



Swap salt for other flavours
when cooking e.g. garlic,
ginger, herbs and spices.



Swap packaged and
processed foods for more
whole food e.g. vegetables,
fruit and yoghurt.

For more on how to read food labels, scan the QR code or visit
www.heartfoundation.org.nz/reading-food-labels

