

Brakes guide to Salt

Reducing salt in your food

The UK is facing an increase in diet-related diseases, some associated with eating too much salt. As more and more people become aware of the ways in which diet affects health and with a third of food consumed out of the home, caterers have a vital influence on consumer salt intake. Brakes have been reducing salt for a number of years to help you offer your customers a healthier choice.

Salt - the facts

Salt contains sodium, which is an essential nutrient. Sodium is not produced by our bodies and we do need a very small amount which can be found in sodium that occurs naturally in un-processed foods.

Less is more

Too much salt in the diet can increase blood pressure, which can increase the risk of stroke and the development of coronary heart disease. Reducing salt intake has been shown to effectively lower blood pressure, which is a key step towards preventing stroke

Heart and circulatory disorders are the most common cause of death in the UK, with coronary heart disease and stroke the biggest killers, so it is vital that we work together to reduce the intake of salt in our diets.



Cutting down – how Brakes is helping

Since 2001 Brakes has reformulated many products to gradually reduce the salt content without reducing flavour. This work is continuing with about 75% of products that have a government salt target, meeting these targets. A large number of foods from Brakes are inherently healthy such as lean meats, fish, wholegrain cereals, fruits and vegetables. These foods are naturally low in sodium and can be used to make healthier dishes.

How much is too much?

On average, the nation is consuming too much salt, approximately 8.4g per day. The Department of Health recommends a maximum daily intake of 6g of salt, which is about a teaspoonful. It can be difficult for your customers to measure or control this amount when up to 75% of it is already in the food they eat.

Providing food with less salt may be more important for caterers where their customers eat with them on a regular basis, such as in a workplace, but for all caterers there is an increasing expectation to offer lower salt foods. Brakes has information on the salt content of all Brakes brand foods.

