How do I reduce my salt consumption?



To be avoided

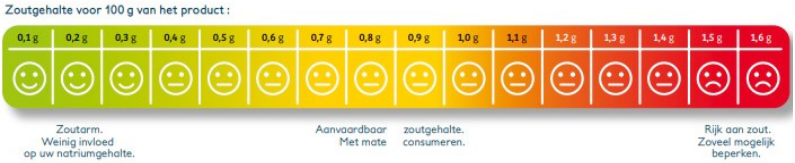
- Ready-to-eat foods (meals, soups, sauces... from cans, packets, frozen)
- Canned meat, fish and vegetables. Frozen vegetables are allowed!
- Smoked meats and fish
- Spread and processed cheeses
- Stock cubes, powders, tubs, OXO stock, Minutesoep
- Salty water (Vichy, Appolinaris, Schweppes soda)
- Addition of salt to hot meal preparation
- Dietary salt
- Salt substitutes such as Herbamare
- Potassium salts
- Spice mix (spaghetti seasoning, saté seasoning)
- Fast food
- Ketchup, mustard, pickles
- Snacks such as chips, salted nuts, olives

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Tips:

- Flavour your dishes differently, not with salt but with aromatic plants (parsley, basil, mint...), spices (pepper, paprika, cumin... but be careful with mixtures that may contain salt), garlic, onions, shallots, lemon juice, etc.
- Choose products with less salt. Less salt does not mean less flavour! Products that appear similar can sometimes differ greatly in salt content. Did you know that your taste adjusts to less salt in as little as 3 weeks?
- Cook as fresh as possible, then you have more control.
- "Zero salt" bouillon cubes.
- Check the label and look at the sodium content per 100 g



Source: Brochure: Stop the salt (belgium.be)