

Reducing your salt intake

Cutting down the amount of salt you eat can help manage several medical conditions. Here are some tips to help you do this.

- Avoid adding salt to your food.
- Aim to avoid using salt in cooking – flavour with pepper or herbs and spices instead.
- Eat less salted or processed meats such as sausages, gammon, ham, bacon, corned beef, pork pie, sausage rolls.
- Avoid salty snacks such as crisps and salted nuts.
- Stock cubes and meat extracts e.g., Oxo, Bovril, or marmite and gravy granules are very salty so try to use less, use reduced salt versions or flavour with herbs and spices instead.
- Where possible choose tinned foods in water rather than in brine
- e.g., tinned vegetables and pulses.
- Canned, packet and instant soups are very high in salt so only have occasionally.
- It is best to eat meals which are prepared yourself from fresh ingredients where possible. If you are having ready meals try to use the labels to identify those meals which are lower in salt.
- Takeaways such as Chinese meals may be very high in salt so only have occasionally and avoid adding extra Soy sauce.

What can I eat?

- Fresh meat e.g., beef, pork, lamb, chicken, turkey.
- Fresh or tinned fish.
- Eggs, beans, and lentils.
- Bread, potatoes, rice, pasta, and unsalted crackers.
- Fruit and vegetables – fresh, frozen, juiced or canned without salt.
- Milk, yoghurt and cottage or cream cheeses. Only have small quantities of hard cheeses – up to approximately 100g per week.
- Herbs, spices, pepper, vinegar, mustard, and tomato puree.
- Use food labels to help you choose lower salt options.

Remember eating well is very important and if your appetite is poor ask your doctor to refer you to a dietitian for further advice and information.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Admin Team, The York Hospital, Wigginton Road, York YO31 8HE, telephone 01904 725269 or email Nutrition&Dietetics@york.nhs.uk.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

Telephone: 01904 725566

Email: access@york.nhs.uk

Owner

Date first issued

Review Date

Version

Approved by

Document Reference

Department of Nutrition and Dietetics

November 2013

January 2026

6 (reissued January 2023)

Department of Nutrition and Dietetics

PIL 1247 v6.2

© 2023 York and Scarborough Teaching Hospitals NHS Foundation Trust. All Rights reserved.

www.yorkhospitals.nhs.uk