

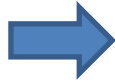
SWAP this packed lunch ...

for this...



Salt = 3.7g

White roll with butter, salami and cheddar cheese.



Salt = 1.77g

Wholemeal sandwich with low fat spread hummus and salad.



Salt = 2.8g

Wholemeal sandwich with mayonnaise, ham, tomato, cucumber and lettuce.

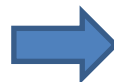


Salt = 1.8g

Wholemeal sandwich with low fat spread, ham, tomato, cucumber and lettuce.



Plain popcorn



Salt = 3.0g



Salt = 1.1g

Plain rice cakes with ham and low fat cheese.

What are the **MAXIMUM** salt recommendations for children per day?

| Age | Salt | Sodium |
|------|------|--------|
| 4-6 | 3g | 1.2g |
| 7-10 | 5g | 2g |
| 11 + | 6g | 2.4g |

Understanding salt on foods labels...

| | Salt/100g | Sodium/100g |
|---|-----------|-------------|
| High | 1.5g | 0.6g |
| Low | 0.3g | 0.1g |
| To convert salt to sodium divide by 2.5 | | |

SWAP this packed lunch ...

for this...



Total Fat = 10.2g

Total Sugar = 59.5g

Chicken, tomato and basil pasta.



Total Fat = 1.88g

Total Sugar = 19.55g

Chicken, tomato and basil pasta.



Total Fat = 32.8g

Total Sugar = 67.3g

Mini Pork Pies



Total Fat = 24.18g

Total Sugar = 26.3g

Bagel with low fat spread, avocado and egg.

Plain, low fat Greek or Natural yoghurt with 1/2 banana.



Total Fat = 11.5g

Total Sugar = 48.3g

Tuna, sweetcorn and lettuce wrap.



Total Fat = 7.85g

Total Sugar = 17.21g

Tuna, sweetcorn and lettuce wrap.

Plain, low fat Greek or Natural yoghurt with strawberries

What are the **MAXIMUM** added sugar recommendations for children per day?

Understanding sugar and fat on foods labels...

| Age | Sugar |
|------|----------------|
| 4-6 | 5 cubes or 19g |
| 7-10 | 6 cubes or 24g |
| 11+ | 7 cubes or 30g |

| | Sugar/100g | Total fat/100g |
|-------------------------------------|------------|----------------|
| High | 15g | 17.5g |
| Low | 5g | 3g |
| Choose foods lower in saturated fat | | |

