

Salty foods to cut down on	Try instead
Meat and Meat Products	
Bacon, gammon, black pudding, tinned meat (for example: corned beef, ham, Spam), pâté, salami, pepperoni, sausages, beef burgers, meat pies, most ready-made meat dishes	Plain meat (for example: roast meats, chops and steaks) and chicken, homemade meat pies, low-salt bacon, turkey rashers, unsmoked ham,
Fish and Fish Products	
All smoked fish, tinned fish in brine (for example: tuna, sardines, anchovies;) prawns, fish paste, fish pate	Fresh fish (for example: cod, haddock, halibut, lemon sole, plaice, salmon, trout), tinned fish in spring water or oil
Cheese	
Hard cheeses (for example: Cheddar, Cheshire, Edam), soft cheeses (for example: brie, feta); processed cheese (for example: cheese slices and cheese spread)	Cottage cheese, cream cheese, flavoured cream cheese, ricotta cheese
Savoury Snacks	
Crisps; maize, corn and wheat snacks; salted nuts, and most other savoury snacks (for example: twiglets, Bombay mix, pork scratchings, salted popcorn, Ritz or TUC crackers, Mini Cheddars)	Unsalted crisps, nuts and crackers, plain popcorn
Soup	
Packet, canned and fresh soups	Homemade soups. Reduced salt soups (less than 1g per portion or 0.5g per 100ml)
Miscellaneous	
Soy sauce, Bovril, Marmite, stock cubes, jars, tins or packets of cooking sauces, olives in brine, most ready-prepared meals, pot noodle, baked beans, tinned spaghetti, tinned vegetables in salted water	Herbs, spices, vinegar, small amounts of gravy granules (made up according to instructions), small amounts of chutney, pickles and bottled sauces, salad cream and mayonnaise
Breads and Cereals	
Most breads and cereals contain salt. However, these are an important part of a balanced diet. Please speak to your dietitian about suitable portion sizes or follow the advice on understanding food labels below.	