

Eat together - **Tasty lentil soup** – How much salt?



There is salt in the bread



There is salt in some curry powders

Try and use **"no added salt"** tinned vegetables



1 stock cube = 732 mg of salt =
2 ½ half teaspoons of salt
Approx 122mg per person



½ teaspoon = 284 mg of salt



Eat together - **Tasty lentil soup** – Does using a stock cube make a difference?

1 slice of bread
and lentil soup
Sodium **71mgs**

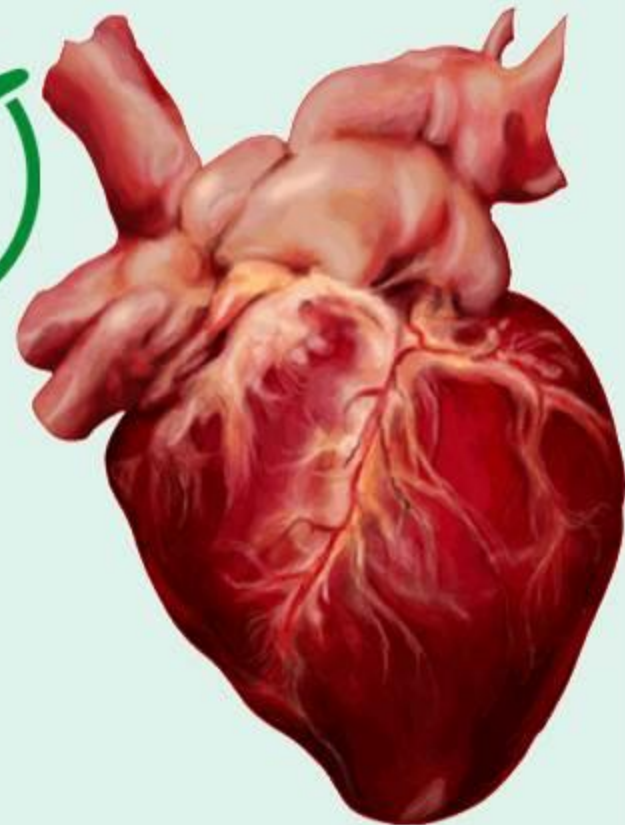


1 slice of bread and lentil
soup made with 1 stock cube
Sodium **111mg**



Both are low salt (**120mg** of sodium per 100g)

Less salt is good for your heart



Healthy amount of salt for an adult
460–920mg/day

There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

Use of resource:

Eating together –The Tasty lentil soup how much salt? Is an extra activity which deals with hidden and added salt in recipes.

Purpose of resource:

To discuss the amount of salt added to food and the consequences of eating too much .

Content

- The activity covers hidden salt and how much is added salt is contained in a stock cube.

Key skills (Competencies):

Anyone who cooks for a family group should be able to:

- Decide how much salt should be added to a recipe.
- Tell you what can happen if you eat too much salt.

Key Health Messages

- Know there is hidden salt in the ingredients of the recipe.
- Be careful about how much salt is added to a recipe.
- Stock cubes have a lot of salt.
- Too much salt can damage for heart and kidneys.

- Make sure the meal contains food from the 3 food groups

Tips

- Use this resource in conjunction with the Tasty lentil soup recipe.

Target group:

This resource is designed to be used by any Australians especially people who cook for the family. Do not exclude men from this activity you can have a men's session, women's session or mixed session.

Healthy eating for the whole family is important and will help prevent chronic disease and help people who have a chronic disease eat with the family.

Notes:

This resource is designed to be printed A4 size.

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