

SALT score! Comparison of example children's meal summaries

Amount of salt a child might eat in a day		Amount using lower salt options	
Breakfast	Salt grams per serve	Breakfast	Salt grams per serve
Rice Breakfast cereal 30 g	0.54	Sanitarium Weet-Bix Kids 30g	0.08
Toast 1 Slice white	0.52	Bowen Island Bakery Irish Soda Bread 1 slice	0.03
Dairy spread 5 g	0.07	Home Brand Canola Light Margarine 5g	0.04
Yeast spread 5 g	0.4	St. Dalfour Red Raspberry 100% Spreadable Fruit 5g	negligible
Orange juice 200 ml	negligible	Orange juice 200 ml	negligible
Snack		Snack	
Packet of corn chips 46g	0.63	You'll Love Coles No Added Salt - Corn Chips 46g	0.01
Packed Lunch		Packed Lunch	
White bread 2 slices	1.04	You'll Love Coles Sliced White Bread - Invisible Fibre 2 slices	0.74
Cheddar cheese 21g	0.74	Mainland Light Cheddar Cheese 25g	0.32
Tuna Chunks in Brine	0.8	Safcol Tuna With Fresh Tomato And Basil In Springwater 70g	0.4
Dairy Spread 5g	0.07	Home Brand Canola Light Margarine 5g	0.04
Apple 1	negligible	Apple 1	negligible
Snack		Snack	
Original Muesli Bar 20g	0.2	Carman's Tropical Muesli Bar 45g	0.06
Dinner			
Pasta with Cheese Sauce 52g	1.65	Birds Eye Vegetables with Pasta and Cheese Sauce 125g	0.42
Mixed Frozen Vegetables 100g	0.04		
Total dietary sodium intake	6.7g Salt	Total dietary sodium intake	2.1g Salt

Recommended Daily Upper Levels for 4-8 years old = 3.5g Salt