

# FOOD SHOPPING CARD

*Check how much fat, sugar and salt is in your food*

	Sugars	Fat	Saturates	Salt
<b>HIGH</b> per 100g	Over 22.5g	Over 17.5g	Over 5g	Over 1.5g
<b>MEDIUM</b> per 100g	Between 5g and 22.5g	Between 3g and 17.5g	Between 1.5g and 5g	Between 0.3g and 1.5g
<b>LOW</b> per 100g	5g and below	3g and below	1.5g and below	0.3g and below



The amount you eat of a particular food affects how much sugars, fat, saturates and salt you will get from it.



**IRISH HEART  
FOUNDATION**

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# DAILY MAXIMUM INTAKE OF SALT



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## ADULTS

**6g per day (2.4g sodium)\***

*\*To calculate salt from sodium, multiply sodium by 2.5*

## CHILDREN

Up to 6 months old:	<b>less than 1g salt a day (0.4g sodium)</b>
7 to 12 months:	<b>1g salt a day (0.4g sodium)</b>
1 to 3 years:	<b>2g salt a day (0.8g sodium)</b>
4 to 6 years:	<b>3g salt a day (1.2g sodium)</b>
7 to 10 years:	<b>5g salt a day (2g sodium)</b>
Children over 11 years:	<b>6g salt a day (2.4g sodium)</b>

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