

# FOOD SHOPPING CARD

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

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

[www.irishheart.ie](http://www.irishheart.ie)



# DAILY MAXIMUM INTAKE OF SALT

## 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>           |