

Salt



As part of our vision to be a positive force for change, we've produced a series of factsheets to help our customers better understand sustainability issues, and what we're doing about them.

Overview

Work on salt reduction in key foods has been ongoing in industry since 2004, after a report from the Scientific Advisory Committee on Nutrition (SACN) was published in 2003 stating that recommended population average salt intakes should be reduced to 6g per day to reduce the risk of high blood pressure and hence cardiovascular disease (CVD)¹. Salt intakes in adults is estimated to be 40% higher than the government recommended maximum of 6g per day. In the latter part of 2020, Public Health England (PHE) issued the government's fifth set of voluntary salt reduction targets for industry to achieve by 2024. These targets are based around the 2017 targets with revisions made where it is believed that there is further scope for reducing salt.

The salt reduction programme challenges all sectors of the food industry to reduce the salt content in foods across more than 100 food groups that contribute most to people's salt intakes. Work on salt reduction in key foods has been ongoing in industry since 2004, after a report from the Scientific Advisory Committee on Nutrition (SACN) was published in 2003 stating that recommended population average salt intakes should be reduced to 6g per day to reduce the risk of high blood pressure and hence cardiovascular disease (CVD)¹. Salt intakes in adults is estimated to be 40% higher than the government recommended maximum of 6g per day. In the latter part of 2020, Public Health England (PHE) issued the government's fifth set of voluntary salt reduction targets for industry to achieve by 2024. These targets are based around the 2017 targets with revisions made where it is believed that there is further scope for reducing salt.

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What's the problem?

Eating too much salt can cause high blood pressure, which increases the risk of heart attacks and strokes.

Around three quarters of the salt we eat comes from packaged and everyday foods we buy, such as bread, breakfast cereals, meat products and ready meals. Due to this consumers may not be aware of the amount of salt they are eating, adding to the high levels of salt intake.

What can you do?

Review your product range to see which of the products you are purchasing has the highest salt levels, and consider whether you can swap these for products containing less salt. Consider offering less processed products which contain high levels of salt, and reduce the amount of salt used in your menus if possible.



Our targets and plans

At Bidfood, we recognise that achieving the public health goal of consuming no more than 6g of salt per person per day will necessitate further action across the whole industry, government, NonGovernment Organisations (NGOs) and individuals.

As a result Bidfood will strive to achieve the new salt reduction targets by 2024 across the own brand portfolio.

Our policy is to reduce the saltiness of own brand products without the use of potassium-based sodium replacers. However, Bidfood allows the use of sodium replacers for functional purposes, such as a raising agent, and not to substitute the taste profile of the product.

Jargon buster

Scientific Advisory Committee on Nutrition (SACN):

This committee advises the Office for Health Improvement and Disparities (OHID) and other UK government organisations on nutrition and health related matters.

Public Health England (PHE):

Public Health England was an executive agency of the Department of Health and Social Care which existed to protect and improve the nation's health and wellbeing, and reduce health inequalities. This has now been replaced by UK Health Security Agency and Office for Health Improvement and Disparities.

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