

# Where will you find the most salt?

All of the following foods contain some salt. But some contain surprisingly high levels of salt, especially when that salt is added. In each of the four boxes on this page, tick one statement that you think is right.

**Which of these do you think is right?**

Ready salted crisps contain more added salt than corn flakes

Ready salted crisps contain less added salt than corn flakes

Ready salted crisps contain the same amount of added salt as corn flakes

**Which of these do you think is right?**

Fish fingers contain more salt than fresh fish

Fish fingers contain less salt than fresh fish

Fish fingers contain the same amount of salt as fresh fish

**Which of these do you think is right?**

Cheddar cheese contains more salt than cheese spread

Cheddar cheese contains less salt than cheese spread

Cheddar cheese contains the same amount of salt as cheese spread

**Which of these do you think is right?**

Chicken nuggets contain more salt than grilled chicken breast

Chicken nuggets contain less salt than grilled chicken breast

Chicken nuggets contain the same amount of salt as grilled chicken breast

Answers: Ready salted crisps contain roughly the same amount of salt as corn flakes. Cheese spread contains more salt than regular Cheddar cheese. Fish fingers contain more salt than fresh fish. Chicken nuggets contain more salt than grilled chicken breast.

