

# Foods as salty as sea water?

Sea water contains one gram (1g) sodium per 100g (or 100 millilitres) of water and tastes very salty. Many food products can be just as salty, but the salty taste is often masked by other ingredients like fats, sugars and flavourings.

All of the foods mentioned on this page have added salt. Tick the ones that you think might be as salty as sea water, or even saltier!

Note: Salt is made of sodium and chloride. If a food label says 'sodium', you have to multiply the number by 2.5 to work out the amount of salt.

- 0.4g of sodium x 2.5 = 1g of salt.

- Instant noodle snack
- Processed cheese snack
- Pork sausages
- Digestive biscuits
- Frosted corn flakes
- Some flavours of crisps
- Bran flakes cereal
- Bacon
- Tomato ketchup
- Normal Cheddar cheese

Answers: Many of these foods often contain as much salt as sea water. The only foods that don't are the digestive biscuits, frosted corn flakes and the cheddar cheese. You'd have to be pretty crazy to drink sea water, but many of us happily eat foods that are just as salty as sea water, without even realising it!

