

Can you do salty fractions?

Health experts advise that teenagers and adults should eat no more than 6 grams (6g) of salt each day. After a quick bit of maths, we can work out that:

1.5g salt is a quarter (25%) of your recommended daily intake of salt.	3g salt is half (50%) of your recommended daily intake of salt.	4.5g salt is three quarters (75%) of your recommended daily intake of salt.
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A typical sausage meal, consisting of two sausages served with chips and beans, contains about 4.3g of salt. Is this:

- Less than half of your recommended daily intake of salt
- Half of your recommended daily intake of salt
- Almost three quarters of your recommended daily intake of salt

A typical 'extra large' double burger with regular fries (chips) contains about 3.5g salt. Is this:

- Less than a quarter of the recommended daily intake of salt
- Between one quarter and a half of the recommended daily intake of salt
- Over half of the recommended daily intake of salt

Surveys show that more than one in five shop-bought sandwiches contains over 3g of salt per serving. Is this:

- Less than half of the recommended daily intake of salt
- Half of the recommended daily intake of salt
- More than half of the recommended daily intake of salt



Answers: We should all try to eat three meals a day, so health experts advise that no meal should contain more than 2g salt (which is a third of our recommended daily intake of 6g). The sausage meal contains almost 3/4 of the daily intake. The burger meal contains over half of the daily intake. One in five sandwiches contains half the daily intake.