

A Warming Bowl of Soup

Salt Levels in Ready-to-Eat Soups Revealed

A warm bowl of soup can be a great way of helping people consume more vegetables and achieve their recommended 5-a-day. However, although we know what we are putting in the soup we make at home, research published today by Consensus Action on Salt and Health (CASH) shows that a large proportion of the soups on sale in the UK contain high levels of salt. In fact 99% have more salt than a packet of crisps and only 6% can be labelled "green" on the traffic light labelling system. (Click [here](#) for more information)

HNR produced a report "Why 6g?" summarising the scientific evidence for the Government's target of 6g of salt a day maximum for adults by 2010. The report highlights that high dietary salt intakes are associated with the development of high blood pressure, which is a risk factor for an increased risk of death from stroke and coronary heart disease. Reducing salt intakes to below 6g a day is estimated to lead to a 13% reduction in stroke and a 10% reduction in heart disease, resulting in the prevention of 17,500 premature deaths a year.

The latest National Diet and Nutrition Survey ([NDNS](#)) conducted at HNR on behalf of the FSA shows bread to make the largest contribution to salt intake in the diet. Interestingly, consuming two slices of bread containing approximately 0.8g of salt with the average supermarket soup, with a salt content of 1.3g as reported in the CASH survey, this would provide you with over a third of an adult's daily limit.

This new survey by CASH also highlights the reduction in salt levels brought about by product reformulation and encourages industry cooperation to help enable consumers to make healthier choices. With the right choice, or preparing your own soup, soup can help put people on the way to achieving their 5 a day.