

# Inn Farm Private Day Nursery



## Cut out the salt!

With all the recent hype in the media about the effect of sugar in our diets you could be forgiven for taking your eye off the ball with regards to the levels of salt in your child's diet. Whilst sugar consumption needs attention, salt is of equal if not a greater concern and possibly harder to control in the terms of intake.

When you consider salt and health implications most will think of high blood pressure in adults. However there is very strong evidence that children who consume too much salt can also develop high blood pressure and they can also predispose themselves to other conditions such as obesity and asthma. Children under the age of 5 do not have the capacity to deal with large amounts of salt and their little kidneys cannot cope. A large amount for a 5 year old is 3g of salt per day which is just half a teaspoon. For 6-12 month old maximum intake should be 1g and for 1-4 year olds this rises to 2g.

Now what is interesting is the amount of salt in some every day foods that we give to our children. In a slice of wholemeal bread there is 0.3g of salt and 0.2g in a slice of ham so one sandwich equates to 0.8g of salt. A bagel contains 0.7g and a crumpet 0.5g. Even Weetabix contains 0.1g per biscuit. One of the worst culprits is stock cubes which contain up to 4g per cube and good old ketchup which children develop a liking for contains 0.7g per average serving.

So what can we do to help our children consume less salt on a daily basis? One way is to become a label lover and really get to know your low salt foods. When you know what your salty culprits are you can work to eliminate them from your shopping basket. Where possible avoid processed food and get the children eating more vegetables and fruit. Make your own stock from leftover vegetables and your own sauces with passata.

If your child attends nursery, enquire as to what their policy to salt is. Here at Inn Farm we always promote healthy eating and always ensure that the children do not exceed their daily recommended amounts of any of the food groups. It is a good rule when selecting a nursery for your child that you ask to see their menus and ensure that there is sufficient variety within the food that they are offered and that the menus are changed on a regular basis.

Jacky Bufton, Manager, Inn Farm Private Day Nursery, OFSTED graded **OUTSTANDING JANUARY 2014**

If you have any areas relating to childcare that you would like us to discuss, please email [enquiries@innfarmdaynursery.co.uk](mailto:enquiries@innfarmdaynursery.co.uk) or call 07961 291058

We are currently looking for enthusiastic individuals to join our nursery team at all levels. Please call Jacky on the above number for further information.