

# New research reveals cheese saltier than seawater

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New research from CASH (Consensus Action on Salt and Health) at Queen Mary, University of London, has revealed the unnecessarily high levels of salt in a staple of the country's shopping baskets – cheese.

The CASH team looked at 772 [cheese](#) products available in UK supermarkets and found many were unnecessarily high in [salt](#). A number of products (including Roquefort, Feta and Halloumi) were found to be saltier by [concentration](#) than [seawater](#) and, while less salty than these, Cheddar cheese was still found to contain more salt than a packet of crisps with an average of 0.52g salt per 30g portion.

Eaten almost daily in lunchtime sandwiches, grated on pasta dishes or as an evening snack with [crackers](#) – cheese is a big part of the UK diet and is the 3rd biggest contributor of salt to the UK diet, after bread and [bacon](#).

Examples of Cheddar and Cheddar-style cheese with high salt content (per 30g portion)

- Morrisons: Smooth & Tangy Farmhouse Cheddar – 0.63g
- Waitrose: West Country Farmhouse Cheddar – 0.58g
- Taw Valley Creamery: Tickler Extra Mature Cheddar – 0.57g
- Kerry LowLow: Mature Cheese – 0.57g

- Pilgrims Choice: Strong and Punchy Lighter Extra Mature Cheese – 0.57g

Katharine Jenner, Campaign Director of CASH, at Queen Mary said: "We already know most cheese is high in fat; however we often add it to our meals without thinking how much salt it contains. This survey shows that just one portion of cheese (30g) can contain more salt than a packet of crisps, so it's worth looking at the label and choosing a lower salt version of your favourite cheese, or just use a little less next time you get the grater out. We should all be eating less than 6g salt a day, about a teaspoon, yet we are currently eating much more (8.1g salt/day)."

Examples of Cheddar and Cheddar-style cheese with lower [salt content](#) (per 30g portion)

- Wyke Farm: Super Light – 0.37g
- Morrisons: Wm English Extra Mature Cheddar – 0.39g
- M&S: Keen's Farmhouse Cheddar Handmade in Moorhayes Farm Somerset - 0.44g
- The Co-operative: Healthier Choice Mild White Cheese - 0.45g
- Waitrose: Reduced Fat Lighter Mild Cheese – 0.47g

CASH's tips for making healthier choices:

- Compare nutrition labels & choose the lower salt and lower saturated fat option;
- Have smaller portions – 30g is about the size of a matchbox;

- Use it less often. Cheese should be eaten in moderation as part of a balanced diet; and
- You may find you need to use less cheese if you use a stronger flavoured cheese

CASH is a group of specialists concerned with salt and its effects on health. They are based at Barts and The London School of Medicine and Dentistry, part of Queen Mary.

Visit [www.actiononsalt.org.uk](http://www.actiononsalt.org.uk) for further information.

Provided by Queen Mary, University of London

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