



REDUCED SALT AWARD



CRUMBS BAKERY

meets the Food Standards Agency (FSA)
salt level targets for 2012 in the products listed below.

Product list

<i>White Loaf</i>	<i>0.89% salt</i>
<i>Brown Seeded Loaf</i>	<i>0.79% salt</i>

Bread is an important part of the diet and a good source of nutrients and fibre – but, because we eat it so frequently, it is also the single biggest contributor of salt to our diet. High salt diets result in high blood pressure, leading to an increased risk of heart disease and stroke.

The FSA have set a voluntary target for bakers to reduce the salt content in bread to 1g salt / 100g bread.