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# Salt Skip News

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## Start the Day with Breakfast Cereals Low in Salt

There are a number of low sodium breakfast cereals on supermarket shelves and this month we review just some of the range available to those watching their salt intake:



**Sanitarium Weet-Bix Lite**  
20mg/100g



**Muesli eg SunSol**  
18mg/100g



**Kellogg's Just Right**  
30mg/100g



**Sanitarium Honey Wheats**  
35mg/100g



**Rolled Oats (Porridge)**  
10mg/100g



**Mini-Wheats Whole Wheat**  
~15mg/100g

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