



World Salt Awareness Week 2014

# Less Salt More Health ... at the supermarket

## STOP... CHECK... CHOOSE...



## ... low salt food

# Check the label first and then make your careful food choice!

### How to read the values on the label?

	Sodium	Salt
High	More than 0.4-0.5 g/100 g	More than 1.0-1.2 g/100 g
Medium	From 0.12 to 0.4-0.5 g/100 g	From 0.3 to 1.0-1.2 g/100 g
Low	Less than 0.12 g/100 g	Less than 0.3 g/100 g

N.B.: The terms used to indicate the presence of added salt are: sodium (or Na), sodium chloride, monosodium phosphate, sodium glutamate, sodium benzoate, sodium citrate.

Technological processing or preservation treatments often require salt to be added to naturally low-sodium content food, in order to make them more savoury.

Read always the food labels to be aware on how much salt you and your family eat every day.