



World Salt Awareness Week 2016

LOOK OUT FOR HIDDEN SALT



Watch out ! 75% of the salt we eat is hidden in the food we buy.
Check the label and eat less than 5g a day to improve your health

How to read labels ?

	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.: 1 gram sodium (reported on the label) corresponds to 2,5 grams salt

Remember, Low Salt But Iodized

Technological processing or preservation treatments often require salt to be added to naturally low-sodium food.

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