WASH
World Action on Salt & Health

SINU
SOCIETÀ ITALIANA
DI NUTRIZIONE UMANA
Associazione senza fini di lucro

2020
SALT AWARENESS WEEK

GRUPPO DI LAVORO INTERSOCIETARIO
PER LA RIDUZIONE DEL CONSUMO DI SALE IN ITALIA

G.I.R.C.S.I.

www.menosalepiusalute.it

Stay healthy with less salt ... and less sugar

Bread is fine...

but please less salty

Drink more water, **SUGARY DRINKS** are not necessary:

Guidelines recommend an **OCCASIONAL** intake.

For salt and sugar contents read the label:
it will help you make the best choice

REMEMBER, LESS SALT BUT IODIZED

How to read labels ?	
SALT	
HIGH	more than 1-1,2 g /100 g
MED	between 0,3 to 1-1,2 g /100 g
LOW	less than 0,3 g /100 g
N.B. 1 gram of sodium corresponds to 2.5 grams salt	

www.sinu.it
www.worldactiononsalt.com