



# Salt Awareness Week 2022

## SHAKE THE SALT HABIT

### LOWER BLOOD PRESSURE



## LESS SALT



### LESS RISK OF STROKE AND HEART DISEASE



THE FOOD INDUSTRY holds the key to better health. Two thirds of the salt we eat each day is already in the food we buy

**WILL YOU JOIN US  
IN ASKING THEM TO  
SHAKE THE SALT HABIT?**



In many countries most of the salt in the diet comes from

**PROCESSED  
FOOD**

and food we eat

**OUTSIDE THE  
HOME**

#### How to read labels ?

High	More than 1-1,2 g /100 g
Medium	From 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 salts

**Remember, low Salt but iodized**

Involved in the week