



SALT AWARENESS WEEK

2023

DITCH *the salt*

15-21 MAY 2023

Cutting down on salt is one of the simplest ways to improve our health and reduce the risk of heart attacks and strokes. Reducing salt intake to recommended levels would save 2.5 million lives globally each year! But how can we cut back when so much of the salt we eat is in the foods we buy?

Join us as we call on food companies to **DITCH THE SALT** for our health!

#SaltAwarenessWeek

Visit worldactiononsalt.com
for more info & to get involved!

