



World Salt Awareness Week 2015

Less Salt More Health

**Escape
The Hidden Salt**



Attention to hidden salt: Check the label

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

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.