



# World Salt Awareness Week

## 8 -14 March 2021

### More **Flavour**, Less **Salt** !

**Salt** is made up of **sodium** and **chloride**. We need some **sodium** in our diet to help maintain fluid balance in our body and for cell function.

But too much can be harmful for our health.

#### SOURCES OF SALT IN THE DIET



In some countries, the main source of salt in the diet is **salt added during cooking or at the table**. In many countries though, **60-80% of the salt in our diet comes from processed, packaged food**.

#### RECOMMENDED INTAKE OF SALT



The World Health Organization recommends we eat **less than 5 grams of salt per day**

Globally our intake is much higher, ranging from **8 to 15 grams per day**.

#### BENEFITS OF EATING LESS SALT



Around **2.5 million deaths could be prevented** each year if we reduce the amount of salt we eat to less than 5 grams a day

#### HARMFUL EFFECTS OF A HIGH SALT DIET



A high salt diet raises our **blood pressure**, increasing the risk of having a **stroke** or developing **heart disease**. Eating too much salt is also linked with **osteoporosis, kidney disease** and **stomach cancer**.

#### WE ALL NEED TO TAKE ACTION

The **food industry** must reduce salt levels in their products and prefer the use of iodized salt.

**Governments, healthcare professionals, NGOs, health charities** and even **individuals** must raise awareness of the unnecessarily high salt content of our food and the harmful effects this has on health.

#### How to read labels ?

#### SALT

<b>HIGH</b>	more than 1-1,2 g /100 g
<b>MED</b>	between 0,3 to 1-1,2 g /100 g
<b>LOW</b>	less than 0,3 g /100 g

N.B. 1 gram of sodium corresponds to 2.5 grams salt

**REMEMBER,  
LESS SALT BUT  
IODIZED**

[www.sinu.it](http://www.sinu.it)  
[www.worldactiononsalt.com](http://www.worldactiononsalt.com)

#SaltAwarenessWeek