

**LESS  
SALT**



**LOWER  
BLOOD  
PRESSURE**

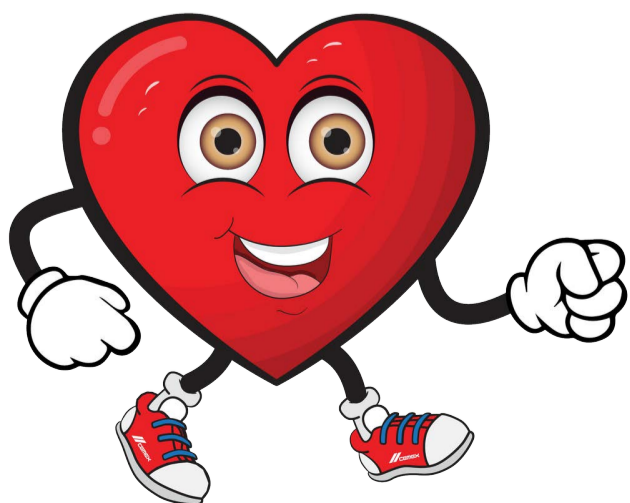
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**LESS  
= RISK OF  
STROKE**



Salt raises blood pressure, increasing the risk of stroke, one of the biggest causes of death and disability.

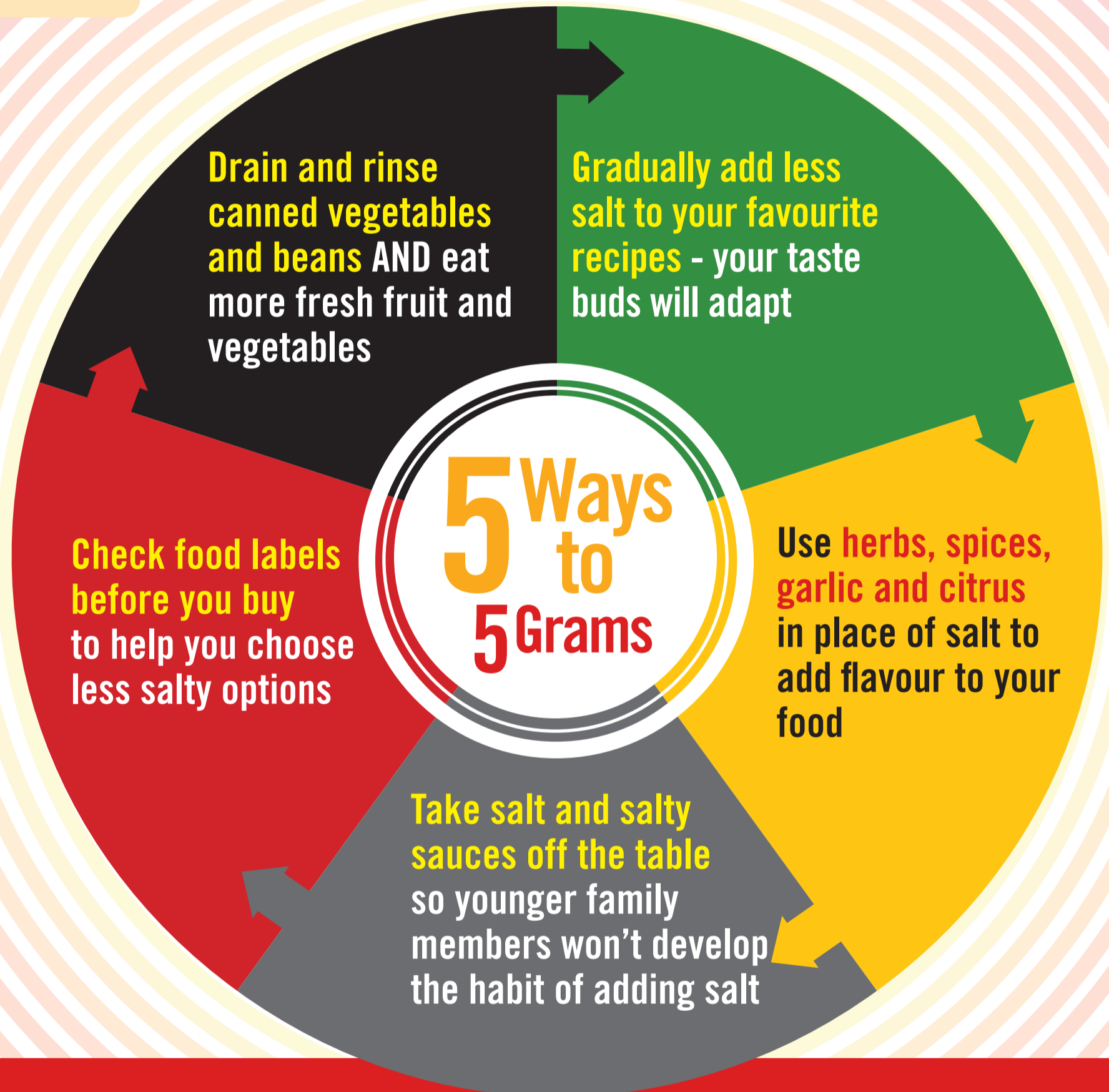


**Adults should eat no more than 5g of salt a day - that's around 1 teaspoon!**  
**Make sure you always check the contents on food labels.**



# SALT AWARENESS

What can you do to reduce your salt intake?



**We are all eating too much salt** which raises our blood pressure and increases our risk of strokes, heart attacks and heart disease. Follow these 5 steps and bring your salt intake down today! [#5ways5grams](#)

