

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.



## SALTAWARENESS

What can you do to reduce your salt intake?

Drain and rinse canned vegetables and beans AND eat more fresh fruit and vegetables

Gradually add less salt to your favourite recipes - your taste buds will adapt

Check food labels before you buy to help you choose less salty options 5 Ways to 5 Grams

Use herbs, spices, garlic and citrus in place of salt to add flavour to your food

Take salt and salty sauces off the table so younger family members won't develop the habit of adding salt

## 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



