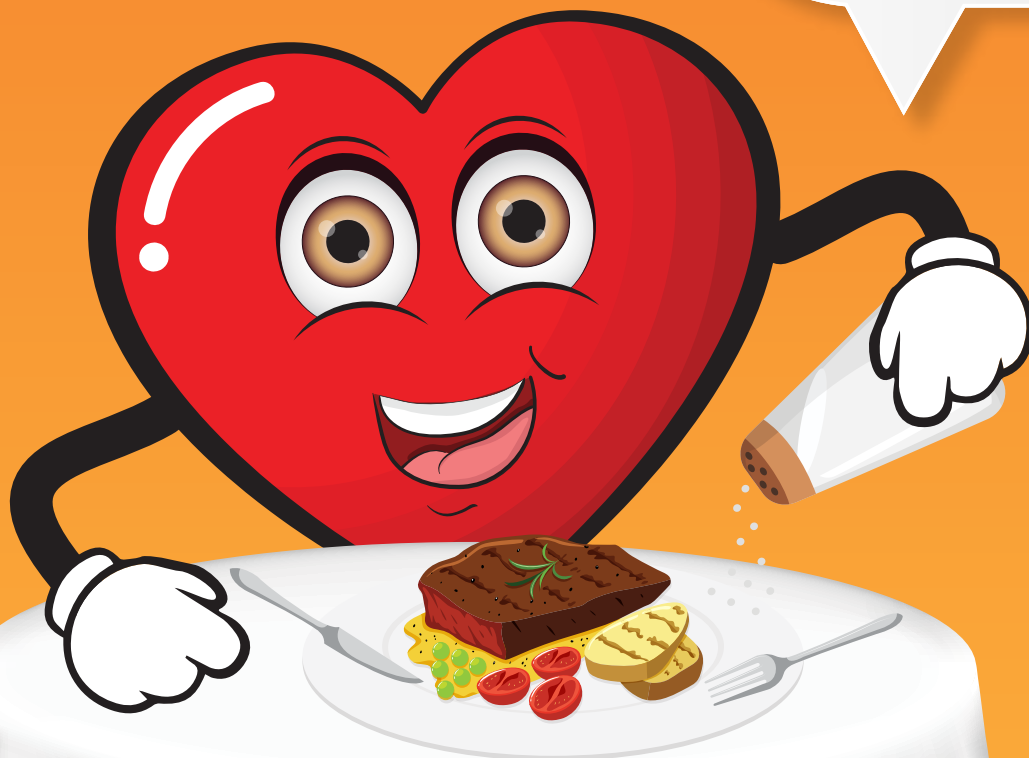


WATCH THE SALT YOU EAT!

A diet high in salt can cause raised blood pressure, which can increase your risk of heart disease and stroke.

Adults should eat no more than 5g of salt a day and many items already contain salt.



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