

# A SIMPLE GUIDE TO SALT



AIM TO EAT  
UNDER

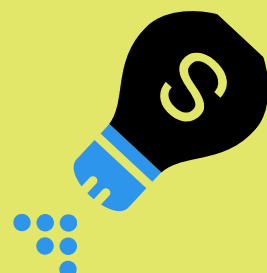
**2300 MG  
A DAY**



THAT'S ONLY 1  
TEASPOON

THERE'S HIDDEN SALT IN PROCESSED FOODS

**70%**



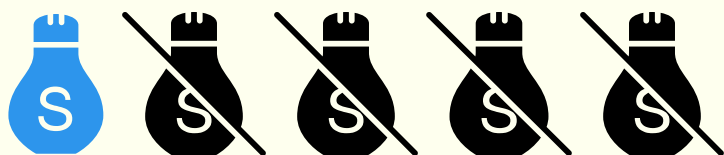
OF SALT INTAKE COMES FROM FAST  
FOODS AND RESTAURANTS



READ YOUR  
LABELS

HIGH SALT  
**20%**

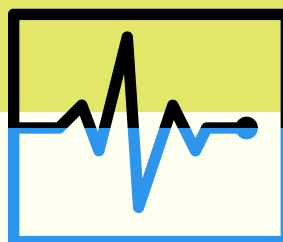
**50%**  
LOW SALT



SALT IS SALT

**SEA SALT OR  
TABLE SALT**

EAT ENOUGH OF EITHER AND  
IT WILL LEAD TO HIGH  
BLOOD PRESSURE



**Na**