SALT IN YOUR DIET

Why eating too much salt is not recommended ?

Eating too much salt can cause high blood pressure, which increases the risk of heart attacks and strokes.

How to reduce your daily salt intake?

ADVICES

Eat fresh aliments

Limit your consumption of processed and packaged foods.

1

Eat food poor in sodium

You need to avoid ready-made meals

2

Don't add salt at your meals

You can replace salt by spices

3