

LOOK OUT FOR HIDDEN SALT

World Health Organisation recommends a reduction in sodium intake to reduce blood pressure and risk of cardiovascular disease, stroke and coronary heart disease in adults.



RISK OF EXCESSIVE SALT INTAKE

- HIGH BLOOD PRESSURE ☹️
- CARDIOVASCULAR DISEASE ☹️
- KIDNEY DISEASE ☹️
- STROKE ☹️
- CANCER ☹️

WHO recommended salt intake: less than 5g of salt or 2000mg sodium per day

REDUCE INTAKE OF

- | | | | | | |
|----------------|-------|---|---|-------|-------------|
| SOY SAUCE | ● ● ● |  |  | ● ● ● | SALTED EGG |
| SAUCE | ● ● ● |  |  | ● ● ● | PICKLE |
| CHIPS | ● ● ● |  |  | ● ● ● | SALTED FISH |
| PROCESSED FOOD | ● ● ● |  |  | ● ● ● | TAUCU |