



Don't be afraid to tip your waiter before your meal.

Pass it on to the chef!

We don't expect sugar in our coffee so please let us choose how much salt we'd prefer. Eating too much salt puts up your blood pressure and can lead to other medical problems.

**LESS
SALT**
please

AWASH
Australian Division
of World Action on Salt & Health

National Salt Awareness Week

February 2nd - February 8th 2009

www.awash.org.au