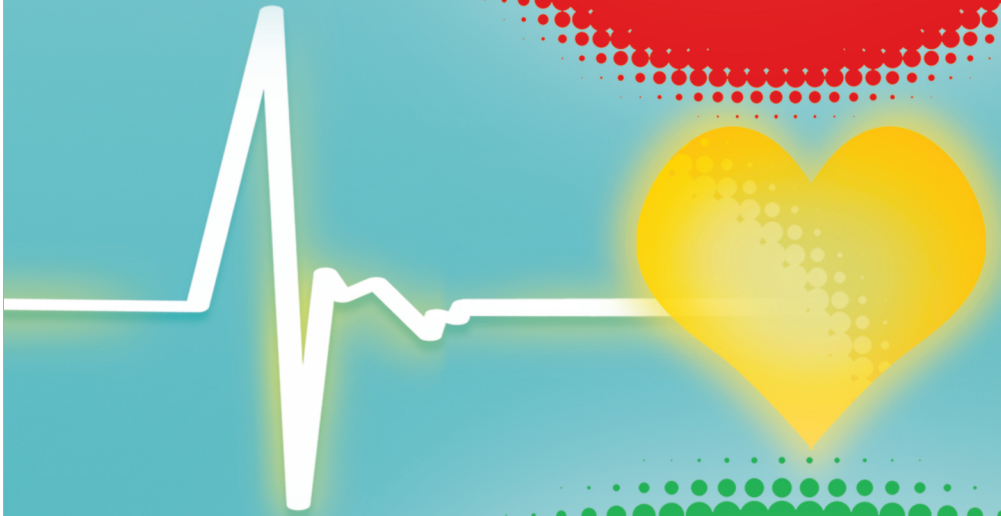


**LESS
SALT**



=

**LOWER
BLOOD
PRESSURE**

**= LESS
RISK OF
STROKE**



Salt raises blood pressure, increasing the risk of stroke, one of the biggest causes of death and disability.