# SHARE THE SALT HABIT

## LOWER BLOOD PRESSURE

#### LESS RISK OF STROKE AND HEART DISEASE

**LESS SALT** 

SOU

Super Treats

CEREA





**THE FOOD INDUSTRY** holds the key to better health. Three quarters of the salt we eat each day is already in the food we buy.

WILL YOU JOIN US IN ASKING

#### THEM TO SHAKE THE SALT HABIT?

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### **SALT AWARENESS WEEK** 14<sup>th</sup> - 20<sup>th</sup> March 2022

To find out more visit: www.worldactiononsalt.com

**@WASHSALT #SaltAwarenessWeek**