

World Salt Awareness Week

12-18 March 2018



Queen Mary
University of London

Educate, educate, educate – let people know the dangers of a high salt intake and teach them to **#EatLessSalt!**

Find out how much salt the population is eating, and where in the diet salt comes from

Encourage school and work place canteens to offer low salt options

5 Ways to 5 Grams

Involve the food industry in the conversation and encourage them to reduce salt in their products

Introduce nutrition labelling on all food products, enabling consumers to make informed choices

We are all eating too much salt

which raises our blood pressure and increases our risk of strokes, heart attacks and heart disease. Follow these 5 steps to help bring population salt intake down! **#5ways5grams**



To find out how to eat healthily visit:
www.worldactiononsalt.com
#5ways5grams