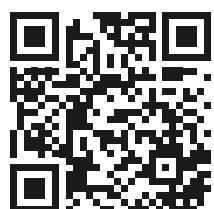


Eating no more than 5g of salt per day would help reduce blood pressure and improve heart health

**5 Ways to
5 Grams**

- 1** Check food labels and choose lower salt options
- 2** Boost flavour and health with herbs and spices in place of salt
- 3** Use low or reduced sodium salts, seasonings and sauces
- 4** Drain and rinse canned veg and beans
- 5** Eat mostly fresh, minimally processed foods



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