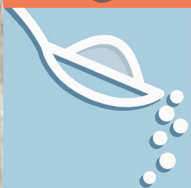# Are you eating
too much salt?

Did you know that eating too much salt increases your chances of high blood pressure?

And that high blood pressure is the leading cause of heart attacks?

We only need a small amount of salt every day to stay healthy

Foods that contain a lot of salt include fast food, gravy, sauces, soup powder, instant noodles and salty snacks

Add less salt to your food when cooking and at the table

Use other flavourful ingredients such as herbs, spices, garlic and lemon juice

Check food labels to see how much salt (sodium) they contain
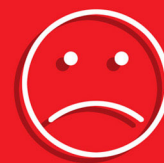
Per 100g	Low Eat more often	Moderate Eat sometimes	High Avoid or limit
Sodium	120mg or less	120mg – 600mg	600mg or more

Remember to look at the nutrition information per 100g and not per serving