

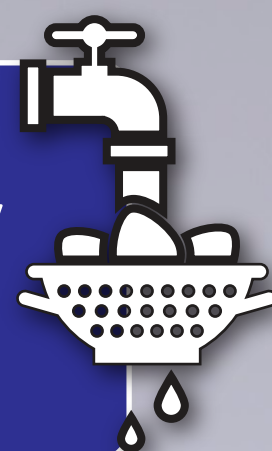
USE LESS SALT

Eating too much salt (sodium) can lead to health problems, especially high blood pressure.

Pick one small thing



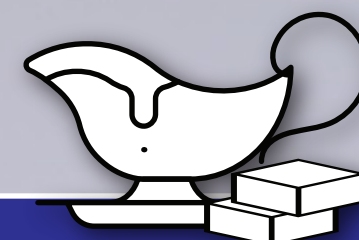
If there is salt added to food in cooking, do not also add salt at the table



Rinse canned vegetables, beans, peas and lentils before you add them to your cooking



Flavour food with less salt and use garlic, herbs and spices to add flavour



Use less stock cubes and stock or gravy powders in cooking



Cook more meals at home - most take-aways and prepared meals are high in salt



Check food labels for sodium content and choose more fresh, unprocessed foods



Eat salty snack foods less often



Small changes can make a big difference