

## TOP TIP

We all need some salt but most of us eat far more than is necessary. If you have, or are at risk of high blood pressure, you should **limit the sodium** in your diet to 1 500mg per day, which is approximately **3g of salt** (less than a teaspoon).



**FOR FREE DIETARY ADVICE,  
CONTACT THE PICK N PAY DIETITIAN AT [HEALTHHOTLINE@PNP.CO.ZA](mailto:HEALTHHOTLINE@PNP.CO.ZA)**