

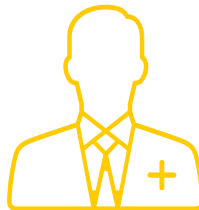
CUT BACK ON SALT

Our bodies need salt to function normally, but we need to be careful of how much we eat. Too much salt can increase our blood pressure, our risk of heart disease, stroke as well as stomach cancer.

How much salt do I need?

We don't need to add salt to anything for our health.

We can easily get our daily salt requirement from the natural salts found in fresh foods without having to add it to meals or when cooking.



High blood pressure causes our hearts to work harder and can lead to heart failure. Many people who have high blood pressure will not know it because they can't feel it!

This is why it is important to have regular check-ups with your doctor.

Here are some tips to reduce the amount of salt we eat:

Instead of adding salt when cooking, add flavour with fresh or dried herbs and spices.



Limit eating processed foods.

High levels of salt are often added to packaged foods to enhance flavour or as a preservative. Try to choosing low salt, reduced salt or no added salt varieties of these foods.



Salted nuts

To check how much salt is in products you buy, compare numbers in the *Avg Quantity per 100g sodium* column of the nutrition information panel.

Best	Okay	Poor
Less than 120mg	120 - 400mg	More than 400mg

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