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Eating too much salt  
raises blood  
pressure, increasing the  
risk of:

- ☒ Strok
- ☒ Heart
- ☒ disease  
attack





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Reducing salt intake

It's estimated

that **30%**

in salt intake

**reduction**

worldwide over the next

**30 years.**





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In most  
more countries

than  
**50%**

of the salt we eat is  
already in the food

We need the food industry to  
we buy.  
slowly reduce the amount of  
salt added to our food.





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WHO recommends that  
we should  
**less** limit the amount of salt  
we eat to  
**5g**



per day for adults and even less  
for children