



World Health
Organization

REGIONAL OFFICE FOR **Europe**



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

- Strok**
- Heart**
- Heart
attack**





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Reducing salt intake

It's estimated

that **30%**

in salt intake

would save **40 million**

lives worldwide over the next

30 years.





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In most
more countries

50%

of the salt we eat is
already in the food

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





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



per day for adults and even less
for children