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How much  
**salt**  
are you eating?

Find out in our quiz



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**What is the maximum  
amount of salt adults  
can eat per day?**

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5g

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10g

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15g

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Answer

5g



That's right, we should  
limit our salt intake to  
less than 5g per day.  
**Even less for children.**



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**How much of the salt  
we eat is hidden in  
the foods we buy?**

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10%

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20%

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More than 50%

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Answer

More  
than **50%**



That's right, more than 50% of the salt we eat is already hidden in the foods that we buy. That's why we urge the food industry to take action.



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**Only food containing  
a lot of hidden salt  
tastes salty.**

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True

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False

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Answer

False

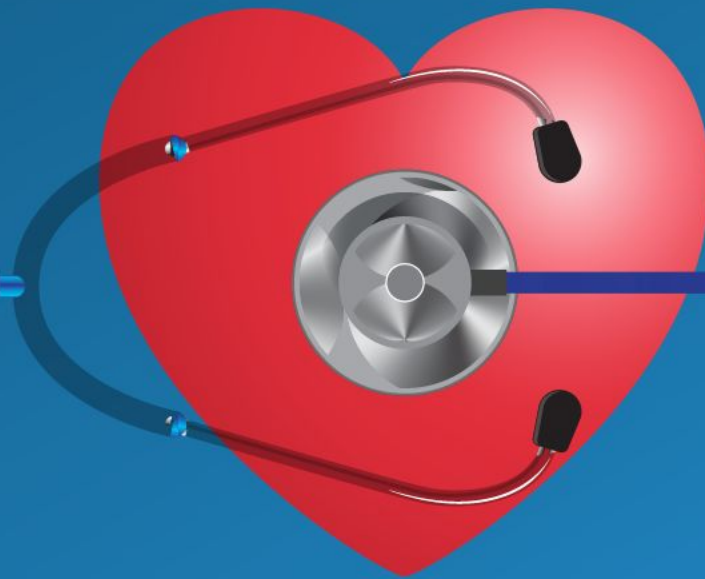


Many foods like bread,  
cereals, bakery products,  
processed meats &  
cheese may contain high  
levels of salt.



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**Why is it important to  
reduce salt intake?**

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Reduces risk of developing  
high blood pressure

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Saves lives

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Food will taste better

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All of the above

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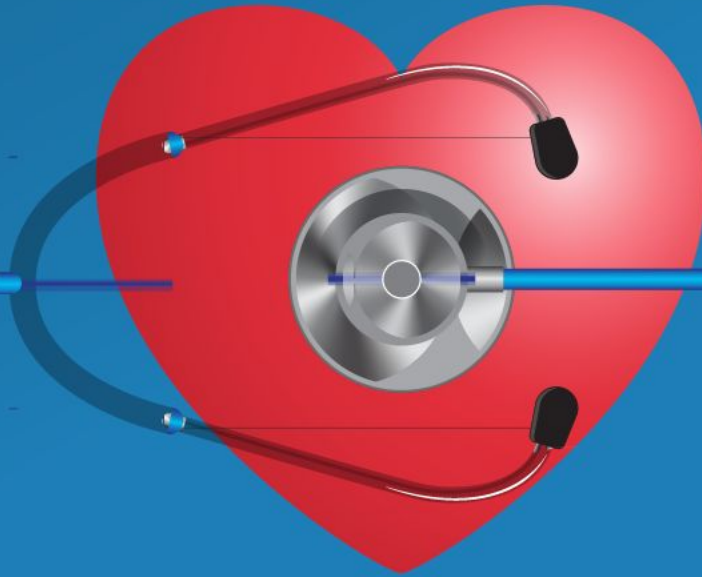


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Answer

All three



Liking salt is a learned taste – so when you reduce the amount of salt you eat, you can start tasting food the way it should be enjoyed. And it will benefit your health by reducing risk of developing raised blood pressure, and ultimately save lives.



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**Find out more about  
how WHO/Europe is  
supporting countries  
reduce salt intake in  
their populations.**

**SWIPE UP**