



REGIONAL OFFICE FOR

World Health
Organization

Europe



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?**

5g

10g

15g

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?**

10%

20%

More than 50%

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.

True

False

Answer

False



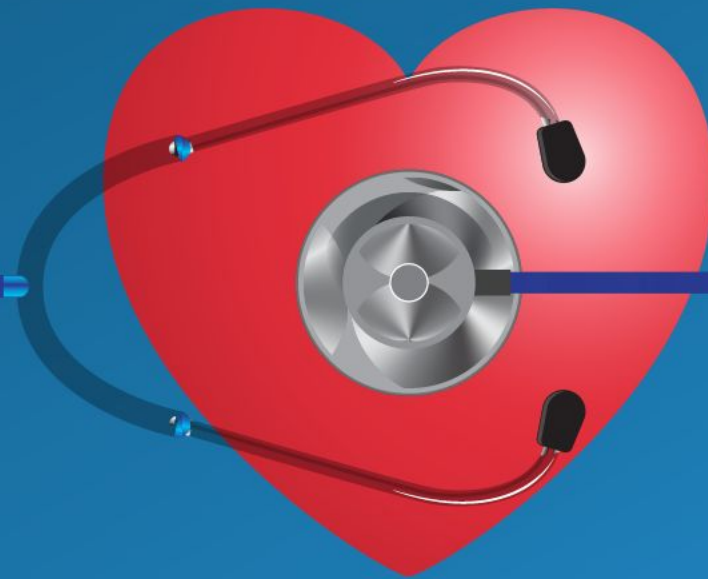
Many foods like bread, cereals, bakery products, processed meats & cheese may contain high levels of salt.



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

Reduces risk of developing
high blood pressure

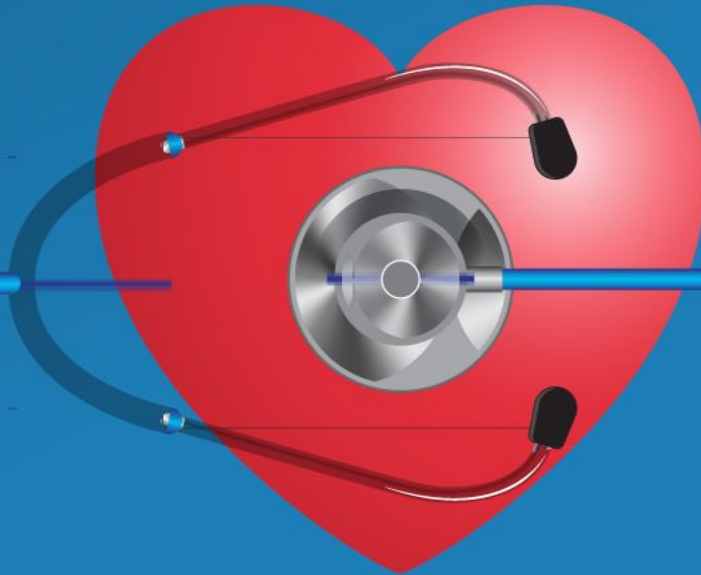
Saves lives

Food will taste better

All of the above

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.



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

SWIPE UP