

Too much salt is bad for your heart

In the UK 85% of men
and 69% of women
eat too much salt.

Excessive salt can raise
your blood pressure
and lead to an
increased risk of
heart disease or stroke.

The Food Standards
Agency recommends that

**Adults should eat no more
than 6g of salt a day!**
(6 grammes is about 1 teaspoonful)

You can still enjoy your food –
Just think about how much
salt you are using.

For further information contact

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