

Do you realise just how much salt is hidden in the food you buy every day?



A truly shocking amount, actually. Food companies add salt to bread, cheese, processed meat, cakes, even breakfast cereal. Little wonder we have a huge salt-related health crisis hiding right in front of our noses.

SALT AWARENESS WEEK 9-15 MARCH 2020

#SaltAwarenessWeek actiononsalt.org.uk



Action on Salt

