

National Salt Awareness Day

29 January 2003



Do you know how much salt
the average child consumes
each year?

Take a guess...



nearly 4 kilos!

is this unhealthy?

Yes

Children are now believed to be eating as much salt as adults (9 to 12gms a day), although a healthy intake for children should be less than half of this. Most of this salt comes hidden in processed foods.



For further information contact:

CASH: Consensus Action on Salt and Health
Blood Pressure Unit, St. George's Hospital Medical School, Cranmer Terrace, London SW17 0RE
Tel: 020 8725 2409 email: cash@sghms.ac.uk website: www.hyp.ac.uk/cash