NATIONAL SALT AWARENESS DAY 28 JANUARY 2004

SAVE 35,000 LIVES AYEAR Beduce your

Reduce your salt consumption

Current intake = 12g/day Recommended maximum intake = 6g/day (80% of salt is hidden in processed food)

Hidden Salt

CASH Consensus Action on Salt and Health EMAIL: cash@sghms.ac.uk WEBSITE: www.actiononsalt.org.uk