



# THINKING OF REDUCING YOUR SALT INTAKE?

If you are of black African descent you are particularly sensitive to salt, and therefore more susceptible to raised blood pressure, which could lead to more strokes and heart disease.

**REDUCE YOUR SALT INTAKE TO 6g A DAY TO REDUCE RISK OF STROKES BY 45% AND HEART DISEASE BY 35%.**



**CONSENSUS ACTION ON SALT AND HEALTH**

EMAIL: [cash@sgul.ac.uk](mailto:cash@sgul.ac.uk) WEBSITE: [www.actiononsalt.org.uk](http://www.actiononsalt.org.uk)

**NATIONAL SALT AWARENESS WEEK**

January 29th – February 4th 2006