## National Salt-Awareness Week 12-18 March 2018



Drain and rinse canned vegetables and beans AND eat more fresh fruit and vegetables

Gradually add less salt to your favourite recipes - your taste buds will adapt

Check food labels before you buy and choose less salty options 6 Ways 6 to 6 Grams

Use FoodSwitch and other FREE health apps to help make healthier food choices

Take salt and salty sauces off the table so younger family members won't develop the habit of adding salt

Use herbs, spices, garlic and citrus in place of salt to add flavour to your food

## We are all eating too much salt

which raises our blood pressure and increases our risk of strokes, heart attacks and heart disease. Follow these 6 steps and bring your salt intake down today! #6ways6grams



To find out how to eat healthily visit: www.actiononsalt.org.uk #6ways6grams

