

# LOOK OUT FOR HIDDEN SALT



Watch out! 75% of the salt we eat is hidden in the food we buy. Eat less than 6g a day to improve your health.



## National Salt Awareness Week

29<sup>th</sup> February - 6<sup>th</sup> March 2016

For healthy eating tips visit  
[www.actiononsalt.org.uk](http://www.actiononsalt.org.uk)

#LessSaltPlease

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