Let's take SALT off the menu!

Salt is hidden in most foods we buy from restaurants, cafes and takeaways, as well as supermarkets.

Salt raises blood pressure and increases our risk of stroke, heart disease, stomach cancer, osteoporosis and kidney disease.

Action on Salt

Salt Awareness Week
4 – 10 March 2019
ACTIONONSALT.ORG.UK
#SALTAWARENESSWEEK

Blood Pressure UK

HEART UK
THE CHOLESTEROL CHARITY

Children's Food Campaign

DIABETES UK
CARE. CONNECT. CAMPAIGN.

pkd charity
Polycystic Kidney Disease

National Obesity Forum

REAL BREAD CAMPAIGN

UK HEALTH
PREVENTION FIRST
FORUM