

Are your children overdosing on salt?



American blueberry muffin

= **1.1g salt**



sausage, baked beans and chips

= **2.8g salt**

This is a total of 3.9g of salt in one meal, more than a six year old should eat in a whole day.

A high salt intake in childhood leads to higher blood pressure and an increased risk of stroke and heart disease in later life. Give your children a good start and reduce their salt intake today!

Visit our website to download our leaflet **Salt and the health of your children**



National Salt Awareness Week

January 28th - February 3rd 2008

www.actiononsalt.org.uk

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