final:A2 salt poster 06 A-W

## Don't be afraid to tip your waiter before your meal.

## Pass it on to the chef!

We don't expect sugar in our coffee so please let us

choose how much salt we'd prefer. Eating too much salt puts up your blood pressure and can lead to other medical problems.

## **National Salt Awareness Week** February 2nd - February 8th 2009

l Ristoraute

**Consensus Action on Salt & Health** 

www.actiononsalt.org.uk

LESS SAIT