

SALT

High salt intake will place you at higher risk of high blood pressure and heart disease.



**Reduce your daily salt intake
to less than 5 grams (1 teaspoon)**



Many common fast food items such as mixtures, bites, murukku, sausages, instant noodles and biscuits contain high levels of salt.

**When buying packaged food, always
look at the salt level indicator
on the label.**



**LESS THAN 0.25g
PER 100g**



**0.25g to 1.25g
PER 100g**



**1.25g OR MORE
PER 100g**

**This will help you identify
and avoid high-salt food items
to protect your children's health.**

