



WHY IS TOO MUCH SALT BAD FOR YOUR HEALTH?



Eating too much salt leads to **high blood pressure**:



1 In South Africa, 1 in 3 people 15 years or older have high blood pressure.



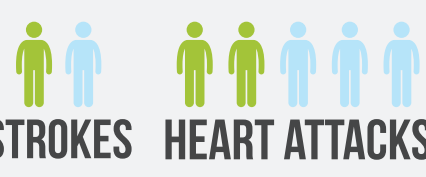
2 Experts advise that we eat no more than 5g, 1 teaspoon, of salt every day.

3 On average the current salt intake levels in South Africa range from 6 - 11g per day - reaching more than double the recommendation!

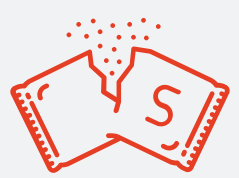


High blood pressure can cause a **heart attack** or a **stroke**:

- High blood pressure is the leading risk factor for heart attacks and stroke in SA.
- Responsible for 1 in 2 (50%) strokes and 2 in 5 (42%) heart attacks.



STROKES **HEART ATTACKS**



Measure your **blood pressure**

High blood pressure has no symptoms, making it very important to get your blood pressure checked regularly.

More than 50% of people with high blood pressure are unaware they have it.

Have your blood pressure checked today!



REDUCE YOUR SALT INTAKE TO REDUCE YOUR RISK OF HEART DISEASE AND STROKE



For more information contact the Heart and Stroke Foundation South Africa healthline on **08601 HEART(43278)**, email: heart@heartfoundation.co.za or visit www.heartfoundation.co.za

HOW TO CHANGE YOUR SALTY WAYS

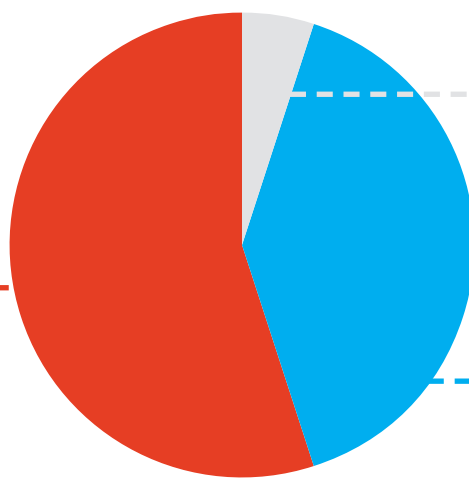
Where does salt in the South African diet come from?



55%

Salt from processed food

Polony
Viennas
Bread
Crisps
Breakfast cereals, etc



5%

Salt naturally in food

Fruit & vegetables,
Meat
Milk
Whole grains, etc



40%

Salt added during cooking or at the table

Change your salty ways in 3 simple steps:

1



Choose less salty foods - look for the Heart Mark!

Cook at home with fresh ingredients.

2



Cook with less salt.

Use dry herbs, spices, garlic, lemon and chilli for flavour. If you use salty ingredients, don't add salt too.

3



Do not add salt to prepared food.

Taste food before adding more salt and better yet, remove salt shaker from the table.



THE HEART AND STROKE FOUNDATION SOUTH AFRICA



APPROVED AS PART OF THE HEART AND STROKE FOUNDATION EATING PLAN

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