

SALT AND YOUR HEALTH



Too much salt
leads to high
blood pressure



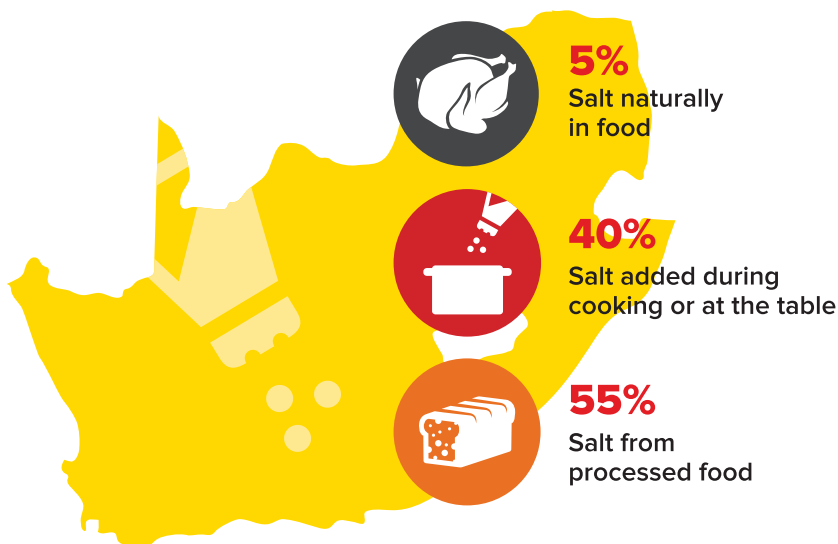
Did you know
high blood
pressure can lead
to heart attacks
and strokes?

5g =



Recommended
daily limit

Where does salt in the South African diet come from?



GET YOUR BLOOD PRESSURE TESTED TO KNOW YOUR RISK – IT CAN SAVE YOUR LIFE!

High blood pressure often has no symptoms.

It is therefore very important to check your blood pressure regularly by your nearest clinic, doctor or pharmacy.

FICTION AND FACTS ON SALT

FICTION

Sea salt and rock salt is healthier than table salt.



FACT

Table salt, rock salt, sea salt, kosher salt and Himalayan salt are all equally high in salt.

FICTION

Never add salt to foods.



FACT

Add salt only after tasting food if you need more. If you use other salty ingredients in cooking, don't add salt too.

FICTION

Less salty foods have no taste.



FACT

The natural flavour of food can be enhanced by herbs and spices such as garlic, ginger, coriander and chilli too!

3 SIMPLE WAYS TO USE LESS SALT

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.