



SALT (Sodium)

WHY IS SALT IMPORTANT?

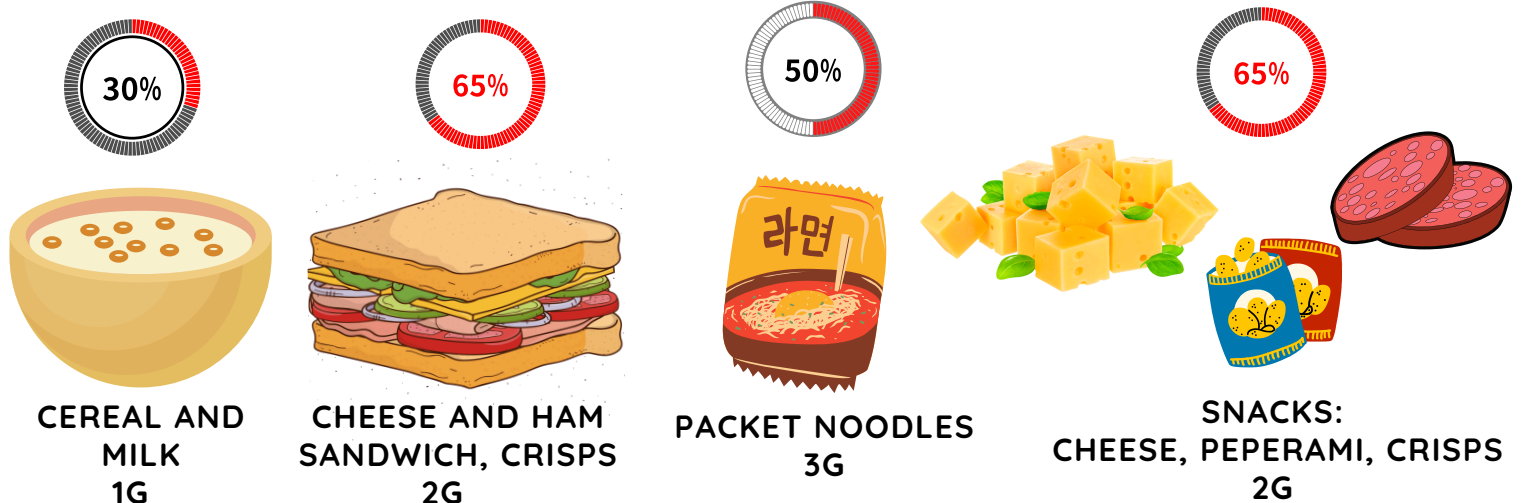
More salt in our food means our blood holds on to more water and our blood pressure goes up.

High blood pressure increases the risk of Cardiovascular disease (CVD) including heart disease, stroke and heart failure.

High salt diets are also linked to stomach cancer, osteoporosis, kidney disease, obesity and bloating/water retention.



HIGH SALT EATING PATTERN



TOTAL: 8G SALT

THIS IS 2.5 TIMES THE RECOMMENDATION FOR A 4-6 YEAR OLD

Click this link to find foods to watch out for

