

National Salt Awareness Week
Secondary Schools
Posters



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'Shake' the Salt Habit

You should eat no more than 6g of salt per day



How much is in your food?

			
Big Mac	1 slice pepperoni stuffed crust pizza	6 inch Meat ball marina	25g bag salt and vinegar
2.1g	2.4g	4.7g	0.6g

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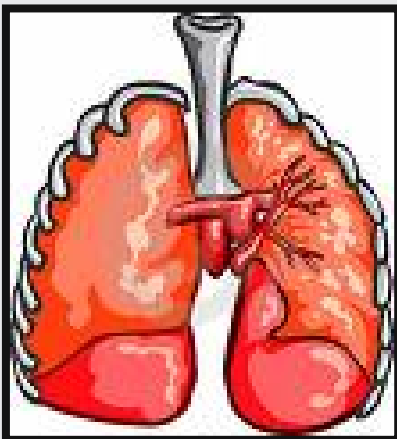
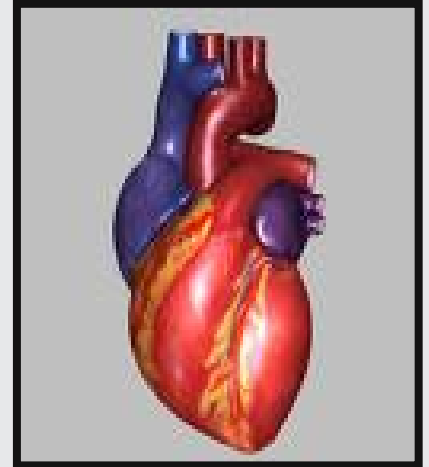

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For The Sake of The ‘*Shake*’

High salt intakes can lead to **high blood pressure**. People with high blood pressure are 3X more likely to suffer from **heart disease and stroke**.



High salt intakes can **aggravate** the symptoms of **asthma**.

There is strong correlation between high salt intakes and **stomach cancer**.



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'Shake' the Salt Habit



Check your labels

Low	Medium	High
Healthy Choice	<i>Ok some of the time</i>	<i>Eat small amounts, or not often</i>
0g – 0.3g	0.4g – 1.5g	1.6g – 2.0g

See how much salt is the label per 100g and see how if it is high, medium or low in salt.

Multiply sodium by 2.5 to find out the salt level.

Swap;

Crisps	For	Plain popcorn
Cheese, Ham Sandwich	For	Smoked salmon sandwich
Salted peanuts	For	Unsalted nuts and seeds
Ham/cured meats	For	Uncured meats and fish
Salt in cooking	For	Herbs and spices

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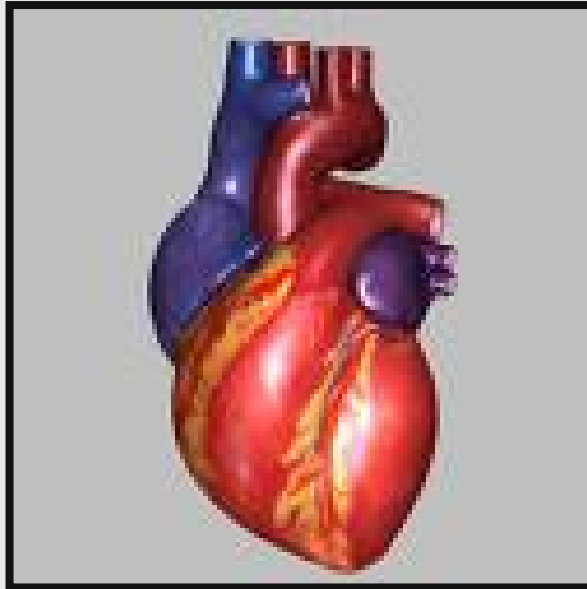

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The Silent Killer - High Blood Pressure

High salt intakes can cause high blood pressure

- People with high blood pressure are 3 X more likely to develop **heart disease** and **stroke**.
- Are also **twice as likely to die** from these diseases.



- High blood pressure can also lead to **kidney failure** and **eye damage**.

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