

Salt Reduction Guide



OUTSIDE HOME (RESTAURANTS, STREET FOOD)



Ask to have your food prepared with less salt.



Avoid foods such as samosa, pakoda, chaat, etc. as they contain excess salt.



Limit food accompaniments like salted butter, salty spice mixes (chaat masala, jal jeera masala etc.), chutneys, pickles, papads, ketchups, sauces and dressings etc.



A lower salt diet could save your life!