

# Salt Reduction Guide



## SHOP SMART



Limit the purchase of processed foods, ready-to-cook foods and instant foods such as noodles, soup, pickles and papads as they are higher in salt than the ones prepared at home



Limit the purchase of namkeens, murukku, chips and papads etc



Purchase Low Sodium Iodized Salt instead of regular iodized salt



A lower salt diet could save your life!