

Salt Reduction Guide

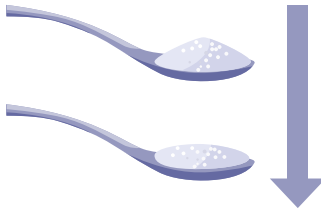


WHILE COOKING

Make salt purchased for cooking in the home last longer, e.g. for a family of five members, if 1 kg of salt lasts for 6 weeks, then make it last for 8 weeks



When you make rice, chapatti, poori, parantha, don't add salt



In pulses and curry, reduce salt gradually over time



Prepare and consume less of foods high in salt such as chutneys, papad, or rasam



A lower salt diet could save your life!