

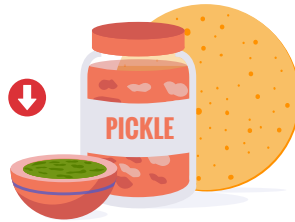
Salt Reduction Guide



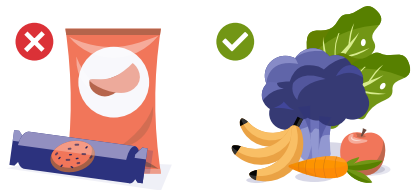
AT THE TABLE (WHILE EATING)



Whenever possible, do not add salt at the table or taste before you add



Limit the use of chutney, papad or pickles



Avoid eating processed foods, instead eat freshly prepared foods and fruits and vegetables



A lower salt diet could save your life!