

Salt Reduction Guide



WHY REDUCE SALT



Eating too much salt is **dangerous for health**— it causes high blood pressure, which can lead to heart attack and stroke



On average, adults in India consume approximately 11g salt/day, which is **more than twice** the recommended limit for salt*



Eating **less salt** helps prevent high blood pressure and lowers the blood pressure if already high



Everyone benefits from a lower salt intake, even those with normal blood pressure



Keep your salt intake to **less than 5 g/day** which is equivalent to one level teaspoon. Any more is dangerous!

 **A lower salt diet could save your life!**

* <5g / day