

SALT AWARENESS WEEK

DITCH

15-21 MAY 2023

the salt

Cutting down on salt is one of the simplest ways to improve our health and reduce the risk of **heart attacks** and **strokes**. Reducing salt intake by just **1 gram** a day could save over **6,000** lives every year! But how can we cut back when **75%** of the salt we eat is already in the food we buy?

Join us as we call on food companies to **DITCH THE SALT** for our health!

#SaltAwarenessWeek

Visit actiononsalt.org.uk
for more info & to get involved!

