

# SHAKE THE SALT HABIT

## LESS SALT



## LOWER BLOOD PRESSURE



## LESS RISK OF STROKE AND HEART DISEASE



**THE FOOD INDUSTRY** holds the key to better health. Three quarters of the salt we eat each day is already in the food we buy.

**WILL YOU JOIN US IN ASKING THEM TO SHAKE THE SALT HABIT?**



## SALT AWARENESS WEEK

14<sup>th</sup> - 20<sup>th</sup> March 2022

To find out more visit:

[www.actiononsalt.org.uk](http://www.actiononsalt.org.uk)

@actiononsalt #SaltAwarenessWeek

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