Find out who your MP is here: <http://www.parliament.uk/mps-lords-and-offices/mps/>

**Email Subject: The issue**

Dear XXXXXX MP,

I’m writing to you as my MP because I’m worried about the amount of salt in food and the impact this is having on my health. I think the Government should do more to protect our health, and I need your support.

Eating too much salt is the main risk factor for high blood pressure, which leads to cardiovascular disease (CVD): the cause of one in four premature deaths in the UK, and the more socially deprived are almost twice as likely to die from CVD than the most affluent. Too much salt is also linked to osteoporosis, renal stones, kidney disease and stomach cancer. But many of these conditions are preventable; it is thought that if we were to lower our current salt intakes from 8.4g/day to the recommended 6g/day, 17,000 stroke and heart attack events every year could be avoided. The savings to our healthcare system would be huge, considering CVD alone costs the NHS more than £7 billion a year.

The issue is that even if I wanted to eat less salt, I can’t. Around 75% of the salt eaten in the UK comes from salt added by food companies to everyday products like bread, cheese, breakfast cereals and cakes. Food companies know about the evidence linking salt to ill health and death, but they are still adding unnecessary salt to products.

We have voluntary salt targets in the UK, but they are not working. I am a supporter of Action on Salt’s campaign for mandatory salt targets which would make sure that every company commits to removing the excess salt from their products. They’ve worked in South Africa, leading to a big fall in salt intake (1.2g per day in five years), and I think the Government should try them out in the UK too.

I need you, as my MP, to speak on my behalf because I do not have as big a voice as the food industry. I’m sure they would not like mandatory salt targets, but the nation’s health is in jeopardy. Please support this initiative so that your constituents can lead healthier, longer lives.

I look forward to your response.