

# Your food can still contain a lot of hidden salt.

Did you know that 80% of the salt we eat is added to food before we buy it? We recommend that you check the label and avoid foods with more than 1.25g of salt per 100g.

**READ THE LABEL FIRST**



Charity registration number: 1098818

**CONSENSUS ACTION ON SALT AND HEALTH**

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**National Salt Awareness Week**

**January 29th - February 4th 2007**