

# Eating no more than 6g of salt per day would help reduce blood pressure and improve heart health

**6 Ways to  
6 Grams**

- 1** Check food labels and choose lower salt options
- 2** Boost flavour and health with herbs and spices in place of salt
- 3** Use low or reduced sodium salts, seasonings and sauces
- 4** Drain and rinse canned veg and beans
- 5** Eat mostly fresh, minimally processed foods
- 6** Gradually reduce salt in your recipes



Visit [actiononsalt.org.uk](https://actiononsalt.org.uk) or scan the QR code for more tips

  @ActionSaltSugar  
  @actiononsaltandsugar