

# LOOK OUT FOR HIDDEN SALT



Watch out! 75% of the salt we eat is hidden in the food we buy. Eat less than 5g a day to improve your health.



**World Salt  
Awareness Week**

29<sup>th</sup> February - 6<sup>th</sup> March 2016

For healthy eating tips visit

[www.worldactiononsalt.com](http://www.worldactiononsalt.com)

#LessSaltPlease