

CUT BACK ON SALT

Too much salt leads to:

- ▲ High blood pressure
- ▲ Heart disease
- ▲ Stroke

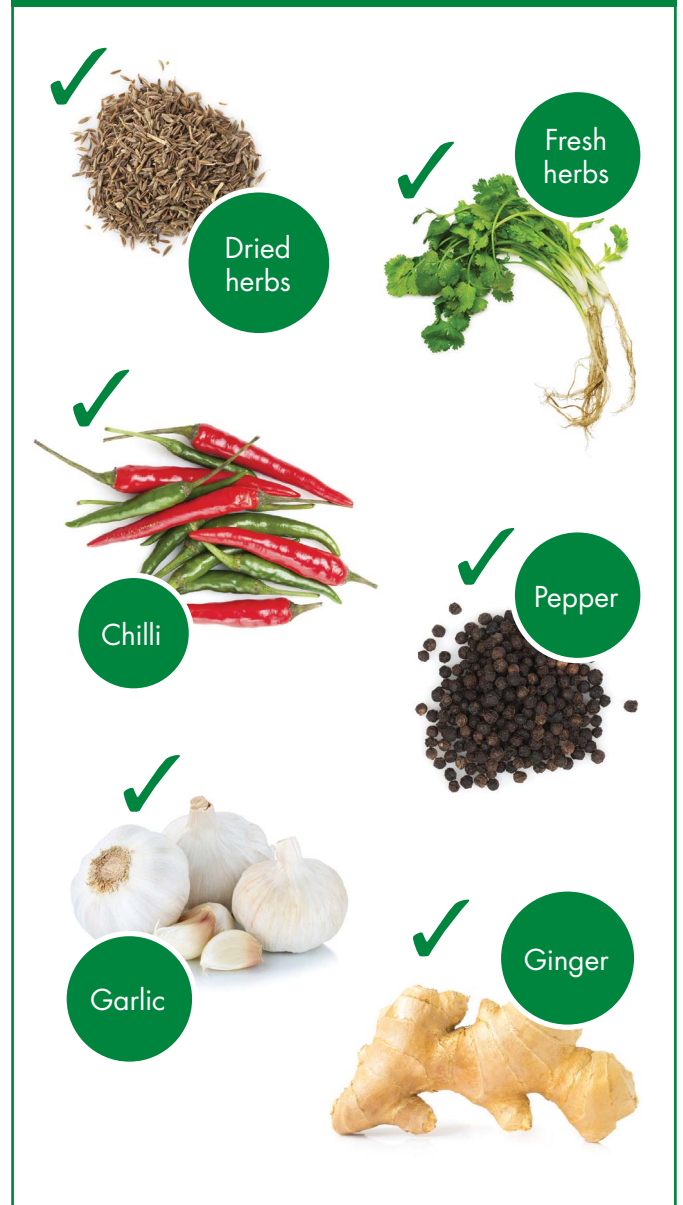
The best way to reduce your salt intake is to eat fresh foods as much as possible (like fruit and vegetables).



High salt foods



Use herbs and spices instead of salt



Partner:



Government of **Western Australia**
Department of **Health**

