



SALT (Sodium)

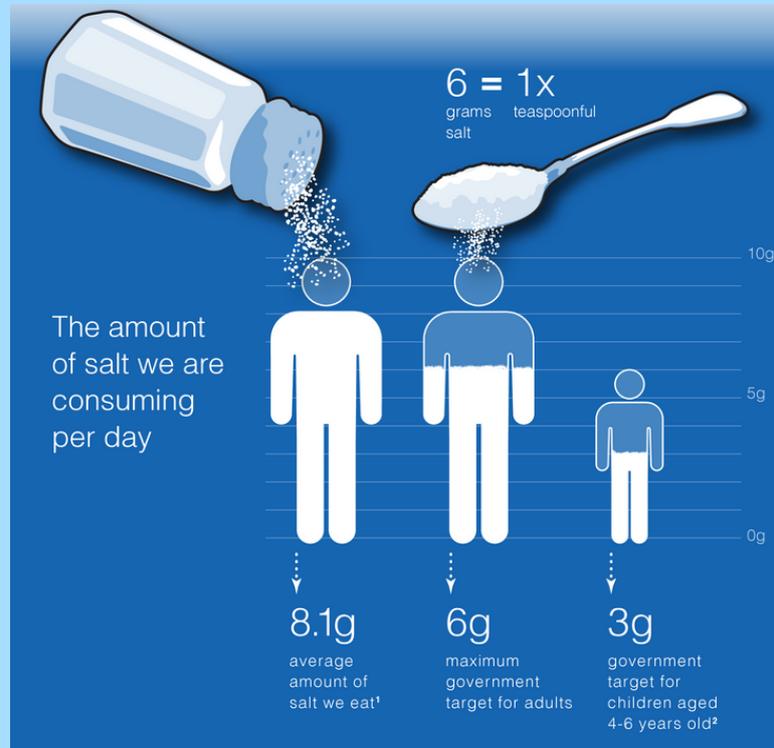
~ Newsletter 1 ~

WHY IS SALT IMPORTANT?

Salt controls the amount of fluid in our blood. More salt in our food means our blood holds on to more water and our blood pressure goes up.

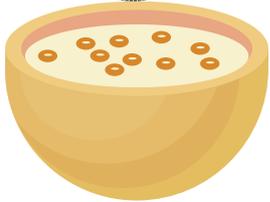
High blood pressure increases the risk of Cardiovascular disease (CVD) including heart disease, stroke and heart failure.

High salt diets are also linked to stomach cancer, osteoporosis, kidney disease, obesity and bloating/water retention.



Watch this video that explains about benefits of having less salt in your diet

HIGH SALT EATING PATTERN



CEREAL AND MILK
1G



CHEESE AND HAM SANDWICH, CRISPS
2G



PACKET NOODLES
3G

SNACKS - CHEESE, PEPPERAMI, CRISPS 2G



TOTAL: 8G SALT

THIS IS 2.5 TIMES THE RECOMMENDATION FOR A 4-6 YEAR OLD

Click this link to find foods to watch out for

