

The taste of salt is one of the basic human tastes!
Salt is one of the oldest seasonings and salting is an important method of food preservation.



Recommendation:

- Avoid processed foods and opt for food from natural sources
- If you cook with salt, do not put salt on the table;
- Read food labels and opt for low sodium content foods;
- Decrease your use of salt gradually.

Salt intake of less than 5 grams per day for adults helps to reduce blood pressure and risk of cardiovascular disease, stroke and coronary heart attack.



Reducing salt intake has been identified as one of the most cost-effective measures countries can take to improve population health outcomes.

SALT

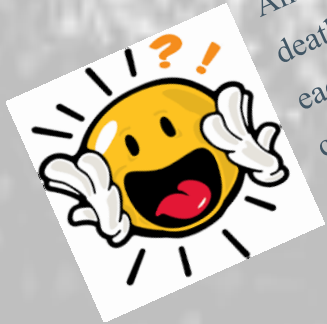


- Risks of too much salt:**
- Salt puts up our blood pressure. Raised blood pressure (hypertension) is the major factor which causes strokes, heart failure and heart attacks
 - There is also increasing evidence of a link between high salt intake and stomach cancer, osteoporosis, obesity, kidney stones, kidney disease and vascular dementia and water retention
 - Salt can also exacerbate the symptoms of asthma, Meniere's disease and diabetes

Benefits of salt intake:

- Salt is involved in regulating the water content (fluid balance) of the body;
- The sodium ion is used for electrical signalling in the nervous system;
- Salt has often been considered a valuable commodity during human history.

An estimated 2.5 million deaths could be prevented each year if global salt consumption were reduced to the recommended level.



Salt is absolutely essential for human and animal life, but can be harmful to animals and plants in excess.