

# EAT LESS SODIUM



causes high blood pressure, one of the main risk factors for cardiovascular disease. WHO recommendations: no more than 5 g per day.

## LIMIT

- > Pre-made soups and broths
- > Snacking between meals: crisps, biscuits, pretzels, peanuts, salted dried fruits, etc.
- > Deli meats, ham, sausages
- > Breaded chicken and fish
- > Fast food
- > Pre-made meals
- > Marinades, olives, sauerkraut, pickles
- > Sauces: mustard, soy sauce, ketchup, mayonnaise, etc.
- > Tomato and vegetable juice



## OPT FOR

- > Fruit and vegetables
- > Fresh home-cooked meals with little or no extra salt
- > Aromatic herbs and spices
- > No salt shaker at the table

