

SODIUM CONSUMPTION

Fact Sheet

Daily recommendations



NO MORE THAN 5-6g per Day



1G OF SALT

30 – 40g of cheese



OR

4 slices of bread



OR

1 slice of brioche OR 1 pastry



OR

150 to 200g of tinned vegetables



OR

1 bowl of crisps (60g)



OR

1/6th of a pizza



OR

2 slices of white ham OR chicken breast



TIPS FOR REDUCING CONSUMPTION

1) READ LABELS

Choose foods with a lower sodium content

2) COOK AT HOME

Read-made meals contain a lot of added salt

3) REPLACE SALT

Use fresh herbs and spices to add flavour to your meals

4) DON'T OVER-SEASON

When cooking, start with a small amount of salt, then add more as needed. Taste it before you add more!



WHAT ARE THE RISKS OF TOO MUCH SODIUM?

High blood pressure
Kidney problems
Water retention
Heart failure
Osteoporosis
Kidney stones

By adopting mindful eating habits, you are proactively improving your well-being.

Discuss it with your doctor!



Agir pour
le Cœur
des Femmes

Women's Cardiovascular Healthcare Foundation

