### SODIUM CONSUMPTION

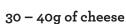
Daily recommendations

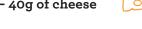


NO MORE THAN 5-6g per Day

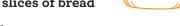






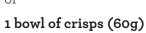


4 slices of bread



1 slice of brioche or 1 pastry

150 to 200g of tinned vegetables



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.

Viscuss it with your doctor!



