

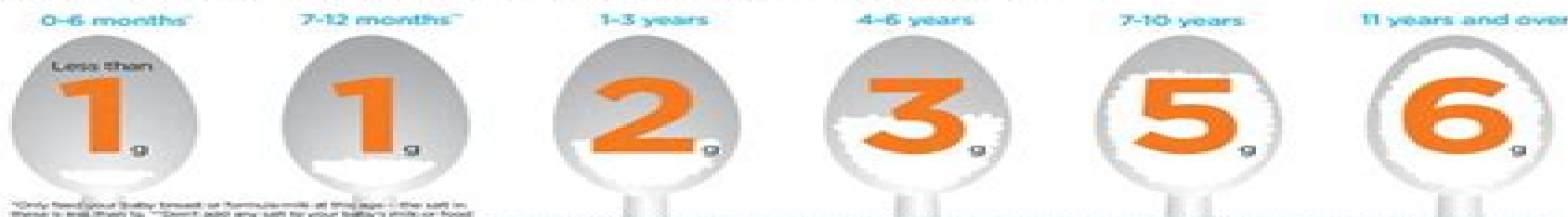
Salt the facts

Bupa

Salt is an essential part of our diet but the chances are you're eating too much.

How much salt do we need?

We only need a small amount of salt in our diet. Aim to eat no more than 6g of salt a day – around one teaspoonful. Most people eat too much and need to cut down.



Why do we need salt?



What are the health effects of too much salt?



high blood pressure



stroke



heart disease

Watch out for hidden salt



75% (three-quarters) of the salt we eat is hidden in processed foods and foods we eat out.

Did you know there's salt in cakes and biscuits, bread and breakfast cereals?

5 tips to cut down on salt



• Eat less processed food – eat fresh and cook your own meals from scratch.



• Flavour your food with garlic, pepper, herbs and spices or a squeeze of lemon instead of salt.



• When eating out, ask the chef to hold back on the salt, or ask what low-salt dishes they offer.



• Watch out for hidden salt in sauces, such as tomato ketchup and pasta sauces – choose low-salt versions.



• Check food labels. A food that's high in salt has more than 1.5g salt per 100g whereas a low-salt option has 0.3g salt or less per 100g.

Salt Management Guide

Siddappa N.Byrareddy



Salt Management Guide:

The book delves into Salt Management Guide. Salt Management Guide is a crucial topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Salt Management Guide, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Salt Management Guide
- Chapter 2: Essential Elements of Salt Management Guide
- Chapter 3: Salt Management Guide in Everyday Life
- Chapter 4: Salt Management Guide in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Salt Management Guide. This chapter will explore what Salt Management Guide is, why Salt Management Guide is vital, and how to effectively learn about Salt Management Guide.
3. In chapter 2, this book will delve into the foundational concepts of Salt Management Guide. The second chapter will elucidate the essential principles that need to be understood to grasp Salt Management Guide in its entirety.
4. In chapter 3, the author will examine the practical applications of Salt Management Guide in daily life. The third chapter will showcase real-world examples of how Salt Management Guide can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Salt Management Guide in specific contexts. This chapter will explore how Salt Management Guide is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Salt Management Guide. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Salt Management Guide.

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