

Eating

TOO MUCH SALT

raises blood pressure, increasing the risk of:

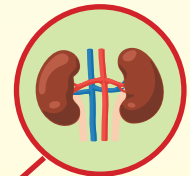
STROKE



HEART DISEASE



KIDNEY DISEASE



**AVERAGE
SODIUM
INTAKE**

Salt Shaker - 10%

Natural Food - 10%

80%

Processed Foods

Common Names for Salt

Table Salt • Sea Salt

Rock Salt • Kosher Salt

Sodium • Disodium

Trisodium • Sodium Chloride

Monosodium Glutamate (MSG)

