

HOLD the SALT

Salt (sodium) increases
your risk for poor health

Most Canadians need to lower the amount of sodium
they eat by at least half. Here's how:

■ Shopping

- > Choose fewer processed and packaged foods.
- > Look for unsalted, low salt, and no added salt foods.
- > Read ingredients lists on packages. Avoid foods with salt, sodium or soda in the first three ingredients.
- > Read labels. Limit sodium to less than 2300 mg per day.

■ At Home

- > Prepare your own food so that you can control the amount of salt you eat.
- > Flavour food with garlic, onion, herbs, spices or lemon juice.
- > Throw out the salt shaker.

