

EAT LESS SALT CAMPAIGN A PICTORIAL GUIDE



eat less
SALT!

Who is responsible for our health?



ME



YOU



OTHERS



ALL OF US

What affects health?



PERSONAL HYGIENE



EATING PRACTICES



RISK TAKING BEHAVIOUR

What eating practices do we follow?



These food products are rich in



Why talk about Salt?

- Salt is a key cooking ingredient.
- The main element of salt is sodium chloride which is essential for proper functioning of the body.
- Nowadays, people crave for salty food for its delectable taste.
- However, high salt consumption affects one's health

Source: Young lead the elderly to low sodium diet, TGIGH, Changzhi Medical College, 2013



1 Teaspoon (tsf) of salt (Levelled) = 5 g



What's wrong in taking too much salt?



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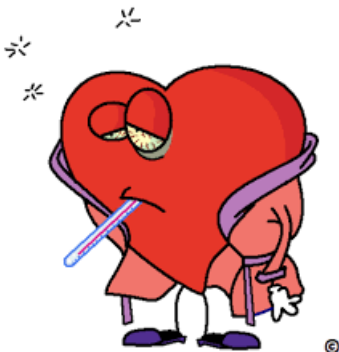
High salt consumption affects our health



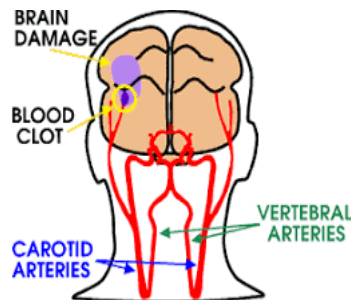
HIGH BLOOD PRESSURE



OBESITY



HEART DISEASE



STROKE

Food high in salt



PICKLES



SAUCE



INSTANT NOODLES



SNACKS



SALTED NUTS

Avoid being lured by advertisements



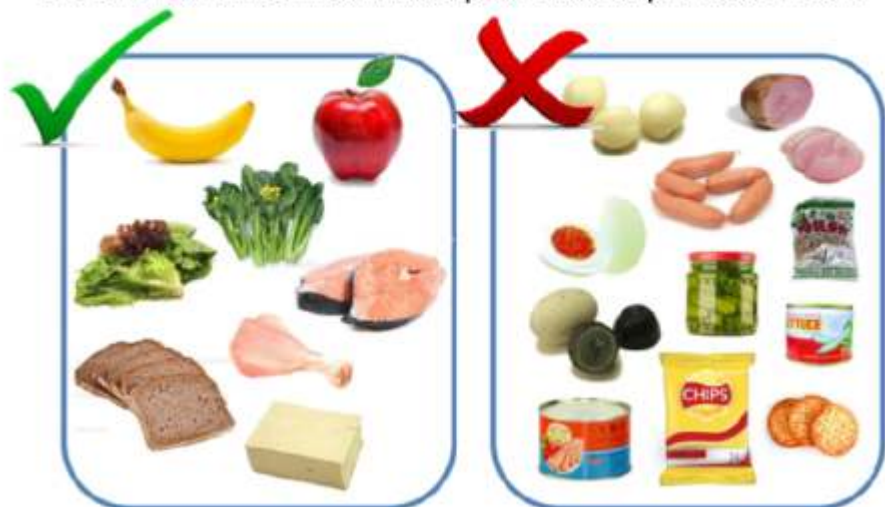
Mean sodium content (mg/100 g) in processed foods



Source: Salt content of processed foods in India The George Institute for Global Health, 2016

Simple Ways to Reduce Salt Intake in Your Diet

TIP 1: Choose fresh foods over processed or preserved foods



TIP 2: Limit usage of salt and seasonings

Substitute with fresh herbs and spices



*Without comments, this illustration is incomplete.

Simple Ways to Reduce Salt intake in Your Diet

TIP 3: Choose plain rice instead of flavoured rice



TIP 4: Avoid dipping sauces or adding extra gravy to meals



TIP 5: Leave behind soup stock and gravy



TIP 6: Read food labels: Choose 'reduced salt' or 'low salt' or 'no added salt' products



*Without comments, this illustration is incomplete.

Things to remember



LESS EATING OUT



MORE MEALS AT HOME



AVOID USE OF TABLE SALT

Success lies in perseverance



MONITOR PARENTS

Eat Less Salt Campaign

Educating School children to reduce High Salt consumption

