



Don't eat more than 6g of salt a day (1 teaspoon)

A diet high in salt can raise your blood pressure, putting you at increased risk of heart disease and stroke. Follow these tips to reduce your risk:

1. Check food labels and choose the food that's lower in salt.
2. Eat foods high in salt less often and in smaller amounts.
3. Cook with less salt.

And taste your food first before any adding salt!

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