



More health with less SALT
... and less SUGAR



Salt and sugar are added in many foods and beverages consumed at restaurants and bars, or purchased at supermarkets

Check the label and switch to less salt and sugar

Remember, Low Salt But Iodized

	How to read labels ?
High	More than 1-1,2 g /100 g
Medium	From 0,3 to 1-1,2 g /100 g
Low	Less than 0,3 g /100 g
N.B. 1 gram of sodium corresponds to 2.5 grams salts	