

World Salt Awareness Week

12-18 March 2018



Queen Mary
University of London



We are all eating too much salt

which raises our blood pressure and increases our risk of strokes, heart attacks and heart disease. Follow these 5 steps and bring your salt intake down today! **#5ways5grams**



To find out how to eat healthily visit:
www.worldactiononsalt.com
#5ways5grams