

# Get Salt Smart



**Did you know  
too much salt  
in your diet  
can cause  
high blood  
pressure?**

Learn how swapping out  
salty foods can improve  
your health. For more  
information search 'NHS  
salt in your diet' online.



# Get Salt Smart

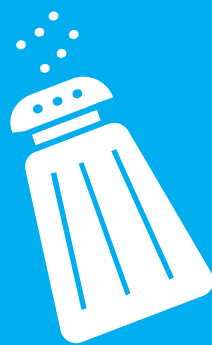


**Did you know  
too much salt  
in your diet  
can cause  
high blood  
pressure?**

Check the traffic lights on  
labels for lower salt options.  
For more information search  
'NHS salt in your diet' online.



# Get Salt Smart



**Did you know  
too much salt  
in your diet  
can cause  
high blood  
pressure?**

Check the traffic lights on  
labels for lower salt options.  
For more information search  
'NHS salt in your diet' online.

