





The consumption of any type of table salt should not exceed more than 5 grams per day, which is equivalent to a teaspoon.

Ways to reduce salt consumption:

Check the percentage of salts on the food label before consuming or purchasing the product

Do not put salt on the dining table

Replace the salt with lemon and spices - onion powder - garlic powder - vinegar - turmeric - in addition to spices such as cumin - black pepper - coriander.

Wash canned foods such as vegetables or tuna before eating, and it is preferable to replace them with fresh ones

Health Awareness Unit

Nutrition Education Unit