

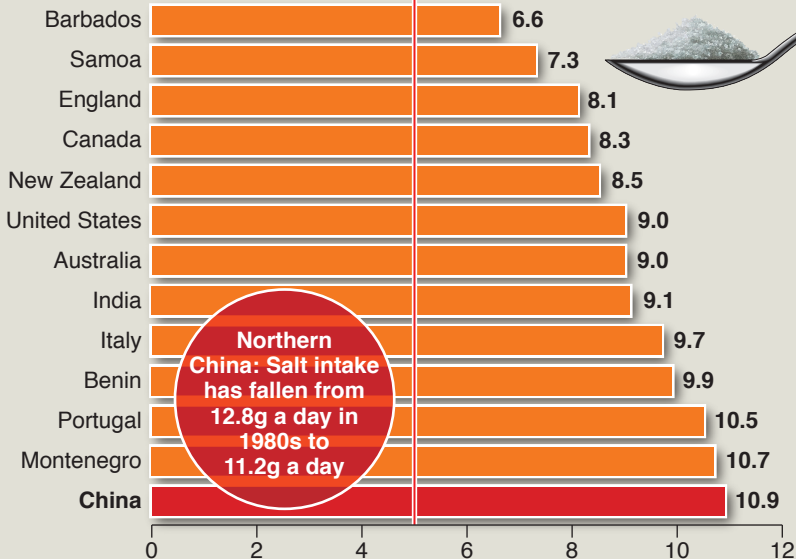
Salt intake around the world

High sodium intake results in elevated blood pressure, increasing the risk of cardiovascular disease. In China, cardiovascular disease – which includes heart attack and stroke – now accounts for 40% of deaths

Mean salt intake equivalent in adults (grams per day*)

One teaspoon of salt = 5.7 grams

WHO recommended daily limit 5.0g



Food labels: Most pre-packed foods have colour-coded nutritional labels which show salt or sodium content in 100 grams of food



	LOW	MEDIUM	HIGH
Salt	0-0.3g	0.3-1.5g	Above 1.5g
Sodium	0-0.1g	0.1-0.6g	Above 0.6g

*Measured by 24-hour sodium excretion