

# The spice of life is a life with less salt

It is never too late to change your lifestyle



## Acumulative effect

Consuming a lot of salt today will affect your health tomorrow.



## Give flavour to your meals

Replace salt with herbs, spices or citruses.



## Bottled water

Choose water with very low mineralisation.



## Fresh foods are better

Processed foods and precooked and packaged meals all contain a lot of salt.



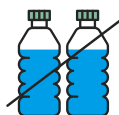
## 5 al dia

Increase your intake of fruits and vegetables, the freshest possible, as they have a low salt content.



## Carbonated drinks, energy drinks and beverages

Besides a lot of calories, they also tend to have a high salt content. Avoid them.



## Moderation to drink fluids

Do not drink more than 2 litres per day.



## Free yourself from temptation

Remove the salt cellar from the table.



## Know what you eat

Read the labels and select low sodium foods.



## And don't forget...

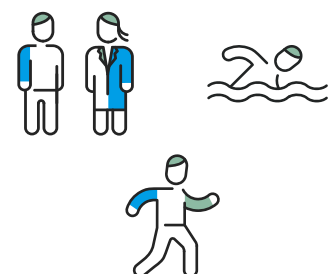
Moderate your alcohol consumption and stop smoking.

## Don't let heart failure stop you

**Discuss it with your doctor.** Learn which is the most suitable activity for you.

**Aerobic exercise.** Such as walking, cycling or swimming.

**Exercise without rushing.** Gradually increase the distance or intensity.



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