

THE SPICE OF LIFE IS A LIFE WITH LESS SALT

IT IS NEVER TOO LATE TO CHANGE YOUR LIFESTYLE



1.



Acumulative effect

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

2.



Give flavour to your meals

Replace salt with herbs, spices or citruses.

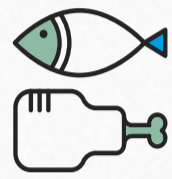
3.



Bottled water

Choose water with very low mineralisation.

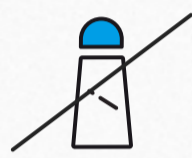
4.



Fresh foods are better

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

5.



Free yourself from temptation

Remove the salt cellar from the table.

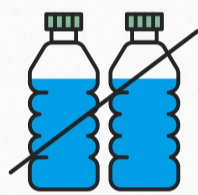
6.



Carbonated drinks, energy drinks and beverages

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

7.



Moderation to drink fluids

Do not drink more than 2 litres per day.

8.



Five-a-day

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

9.



Know what you eat

Read the labels and select low sodium foods.

10.



And don't forget...

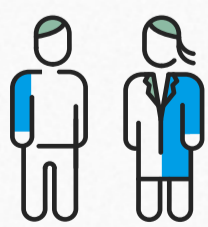
Moderate your alcohol consumption and stop smoking.

Did you know that..



- ✓ The body needs small amounts of salt to perform correctly.
- ✓ The majority of foods contain salt naturally. No more than 6 grams per day (1 teaspoon).
- ✓ High salt consumption can lead to high blood pressure.
- ✓ Too much salt implies an excessive workload for the kidneys, heart and liver.
- ✓ An increase in salt consumption leads to fluid retention which can be associated with rapid weight gain.

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.

