



World Salt Awareness Week

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