

SHAKE THE SALT HABIT

**LOWER BLOOD
PRESSURE**



THE FOOD INDUSTRY holds the key to better health. Three quarters of the salt we eat each day is already in the food we buy.

**WILL YOU JOIN US
IN ASKING THEM TO
SHAKE THE SALT HABIT?**

LESS SALT



**LESS RISK OF
STROKE AND
HEART DISEASE**



Shake The Salt Habit

Zhe Xu



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