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

Health Awareness Unit Nutrition Education Unit



جامعة الإمارة عبد الرحمن بن فيحنل IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

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مستشفـــى الملك فهــد الجامعـــي King Fahd University Hospital