INTERVENTIONS TO REDUCE SALT INTAKE

Reformulate
food products to contain less salt and set target levels for the amount of salt in foods

Nutrition Facts
Sodium 0%

Implement
front-of-pack labeling to provide easy-to-read and understand information for consumers

Apply
behavior change communication strategies to reduce salt consumption

Create
supportive environments in public institutions to enable lower salt options to be provided

Monitor
population salt intake and salt food content

< 5g/day

#LessSaltMoreHealth