



**EAT MORE
'WHOLE' FRESH
FOODS**



**COMPARE SODIUM
CONTENT ON
LABELS**



**EAT FOODS LESS
THAN 600mg
PER 100g
OF SODIUM**

MANY FOODS PACK MORE SALT THAN YOU THINK.

**Less salt = Lower risk of high
blood pressure and stroke.**

stroke.org.nz



Stroke
Aotearoa NZ



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