

Easy ways to lower salt and improve health



WHY REDUCE SALT



Eating too much salt is **dangerous for health** – it causes high blood pressure, which can lead to heart attack and stroke and kidney disease.

Almost 2x

Recommended Currently consumed



5g/day



8g/day



Everyone benefits from a **lower salt intake**, even those with normal blood pressure.

On average, adults in Ethiopia consume about **two times** as much salt as the recommended* limit.



Eating **less salt** helps prevent **high blood pressure** and lowers the blood pressure if already high.



<5g/day



Keep your salt intake to **less than 5g/day**, which is equivalent to one level teaspoon. Any more is dangerous!



Reduce salt **gradually over time**. It's easy and your family won't notice.



Reduce salt by half

* 5g / day

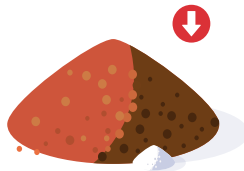
Easy ways to lower salt and improve health



WHILE COOKING



Don't add salt when using store bought mitmita, berbere or shiro.



Use less salt when preparing mitmita, berbere, shiro or other spice blends.



If you have added salt in the preparation of mitmita, berbere or shiro, do not add salt during cooking.



Make salt purchased for cooking in the home last longer., e.g. for a family of five members, if 1 kg of salt lasts for 6 weeks, make it last for 8 weeks.



Add salt around the end of cooking.

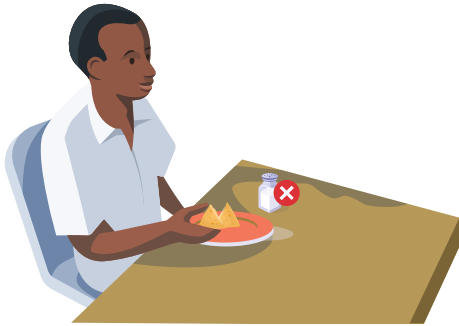


Reduce salt by half

Easy ways to lower salt and improve health



AT THE TABLE AND OUTSIDE THE HOME



Avoid adding salt to the foods which are already prepared and served. Taste a few bites of the food first, and add a small amount of salt only if needed.



Ask to have your food prepared with less salt.



Limit food accompaniments such as mitmita, data etc.

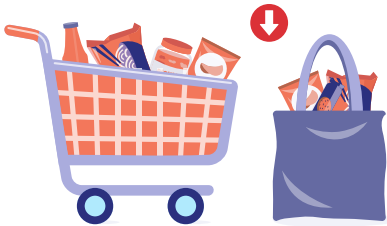


Reduce salt by half

Easy ways to lower salt and improve health



SHOP SMART



Avoid purchasing processed or packaged foods that are high in salt, such as potato chips (sun chips), noodles (indomin), and dried quanta.



Purchase more fresh fruits and vegetables, which are naturally low in salt.



Reduce salt by half