



How much salt do we need?

Sodium in salt is vital for the proper function of our nervous system, for muscle contraction and relaxation, and for maintaining fluid balance in the body. However, only a small amount is necessary. Consuming too much salt can harm the kidneys and raise blood pressure, which increases the risk of heart attacks and strokes.

The amount of salt someone needs depends on their age and overall health. The NHS recommends that adults consume less than 6g of salt per day, which is around one teaspoon. This includes the salt that is already in food and added during and after cooking.

How to make sure you're getting the right amount of salt:

- Taste your food before adding salt
- Try to eat home-cooked foods, and limit fast foods
- Drink plenty of water
- Use lemon, garlic or spices to season your food when you cook, and only add a little bit of salt
- Eat fruit and vegetables, rather than salty snacks



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